

Recycle After Nov.



HERNDON

PROGRAMS & EVENTS GUIDE

From Aquatics To Zumba, Our Guide Has Something For Every Age And Every Interest.



Fall Turkey Trot.



www.herndon-va.gov

FALL 2010

HOURS & FEES



Herndon Community Center Hours

Monday-Friday6am-9:30pm

Saturday & Sunday.....7am-6pm

Holiday Hours

Labor Day, September 6Closed

Thanksgiving, November 25Closed

Friday, November 268am-9:30pm

Parks & Recreation Office Hours

Monday-Friday8:30am-5:30pm

**Office closed–September 6,
October 11, November 25-26**

Phone

703-787-7300

Fax

703-318-8652

Website:

<http://herndon-va.gov>

Participants in activities sponsored or cosponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

Admission

The discount pass and daily admission fee for the facility include use of the pool, gymnasium (age 12 & older) and the fitness room (age 16 & older), as available, and admission to any regularly scheduled land aerobics class (see class schedule on page 11.)

- Annual and 6-Month Pass Holders are entitled to one session with a fitness trainer. See Fitness Staff for details.
- Annual Pass Holders receive a 10% discount on all classes (except those classes meeting one time).

All admissions and passes are nonrefundable.

Community Center Fees (effective September 7, 2010)

The discount pass and daily admission fee for the facility include use of the pool, gymnasium (age 12 & older)¹ and the fitness room (age 16 & older)², as available, and admission to any regularly scheduled land aerobics class (see class schedule on page 11.)

Note: Youth are those age 17 & under. Seniors are those age 64 & older by December 31, 2010. Children under age 2 are admitted free with a paying adult. **Pool use:** Children age 8 & under must be accompanied by an adult. Children age 5 & under must be with a parent in the water. **Fitness room use²:** Children ages 12-16 must have a Youth Fitness Pass. Ages 12-14 must be accompanied by an adult. **Gymnasium use¹:** Youth must be age 12 or older. During weekend Youth Open Gym, children ages 8-11 may use the gym when accompanied by a paying adult. **Locker room use:** Children age 5 & under are permitted in dressing rooms of opposite sex. Family locker rooms designated for parents and children over age 5 are located within the guard office. On weekend mornings until noon, the pool is only open to lap swimmers (age 13 & up) and scheduled group swimming lessons.

Admissions and Passes

*TOH-resident rate requires ID with address for every transaction.
All admissions and passes are nonrefundable.

Daily	TOH/NR
Adult	\$5.50/\$6.50
Senior	\$4.50/\$5.75
Youth	\$5/\$5.25

25-Admission Pass	TOH/NR
Full Use	\$111/\$154
Senior	\$83/\$127
Youth	\$89/\$96

Monthly 30-Day Pass	TOH/NR
Adult	\$48/\$64
Adult 2-Person Married	\$76/\$101
Single Senior	\$34/\$56
Senior 2-Person Married	\$53/\$88
Senior 2-Person Married Sr/Non Sr	\$92
Youth	\$43/\$56
Dependent Youth (with paid adult pass) ..	\$12/\$16

6-Month Pass ¹	TOH/NR
Adult	\$240/\$320
Adult 2-Person Married	\$377/\$502
Single Senior/Youth	\$197/\$281
Senior 2-Person Married	\$309/\$442
Senior 2-Person Married Sr/Non Sr	\$459
Dependent Youth (with paid adult pass) ..	\$60/\$80

Annual Pass ^{1, 2}	TOH/NR
Adult	\$431/\$575
Adult 2-Person Married	\$678/\$903
Single Senior/Youth	\$302/\$506
Senior 2-Person Married	\$474/\$795
Senior 2-Person Married Sr/Non Sr	\$825
Dependent Youth (with paid adult pass) ..	\$107/\$143

¹ Annual and 6-month Pass Holders entitled to one session with a fitness trainer.

² Annual pass holders receive a 10% discount on classes (except those meeting one time).

November admission specials -
\$4/person, all ages* on November 1, 2 and 26 from opening until 4pm. Take advantage of time off from school, and come to the community center for a swim or a workout. (Seniors enjoy \$2 admission every Tuesday.)



A Nationally Accredited Agency Since 2006
"Herndon is Meeting and Exceeding National Standards in P & R Administration"



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Herndon Parks and Recreation Department

wishes to acknowledge and thank Virginia Paving Company for their efforts this spring to beautify two of our Town's parks, and for their support of the Herndon Festival. At their own expense, they voluntarily planted new shrubs, painted existing and purchased new picnic tables, mulched the playground, and added an ADA-accessible path to the new swing sets at Harding Park. At Trailside Park, they gave the picnic shelter a thorough cleaning, removed a number of storm-damaged trees and limbs, helped with site preparation for the coming skate park, and constructed a new sand volleyball court. During the Festival, they cleaned the downtown streets nightly, promoted the festival through their Dump Trucks for Charity program and provided logistical support to the 10K/5K races. They have truly demonstrated superior commitment to the community as a corporate partner with the Town, and we greatly appreciate the time and effort Virginia Paving Company and their employees donated to all of us in Herndon.

Herndon Parks and Recreation Department Sponsors

The following companies are being recognized for supporting our department programs and events.

A special thanks to:

Platinum: Virginia Paving

Silver: TD Bank

Bronze: Gutter Helmet and Northwest Federal Credit Union

The department sponsorship is a new effort by the parks and recreation department. If you would like to learn the benefits of being a department sponsor, please contact our Marketing Specialist at **703-435-6800 x2104**.

Racquetball, Badminton, Table Tennis & Wallyball

Prime Time Hours

Monday-Friday, 4-10pm, Saturday and Sunday, 7am-2pm.

Badminton and Wallyball rentals are for two hours.

The courts can also be reserved for table tennis.

Racquetball and table tennis reservations are in 1 hour segments.

Prime Time

\$4.50 per hour + admission fee per player.

Non-Prime Time

\$2 per hour + admission fee per player.

Information and forms for class registration can be found on pages 30-31 of this brochure.

Registration Dates

- Registration for all Town of Herndon residents will open at 10am on Wednesday, August 18.
- Registration for all Non-Town of Herndon residents will open at 10am on Tuesday, August 24.

Starting on these dates, you will be able to register online, or in person ONLY for the Fall 2010 registration.

Please see "Registration Information" on pages 30 and 31 for more information.

Fall Highlights

Labor Day Festival

NatureFest

Harvest Moon Swim Meet

Spooktacular

Turkey Trot 5K

Holiday Arts & Crafts Show

Towne Square Singers Performance

Gift Certificates

A gift certificate to the Herndon Community Center is a welcome gift for all ages, and can be used for passes, classes, the fitness center, racquetball, swimming, performing arts events and trips. Purchase gift certificates in any amount at the Herndon Community Center, or by phone (**703-787-7300**) with a credit card.

Herndon Community Center Preschool

One of Herndon's best-kept secrets is our preschool program for ages 3-5. The program follows the Fairfax County school year. You are welcome to stop by and visit our preschool program. For more information, call **703-787-7300**.

AQUATICS



The pool will be closed October 9-10 due to the Harvest Moon Swim Meet. No aquatics classes are scheduled for that weekend.

Classes will not be held November 1-2 due to school holidays, and November 24-28 due to the Thanksgiving holiday weekend, nor on Sunday, December 5 due to the Holiday Craft Show.

Wacky Wednesday Age 5 & under

Come join us in the pool for great fun and games for the younger crowd. Children not enrolled in full-day school programs (kindergarten and younger) may participate. The training pool will be set aside for kids (must be with an adult) and filled with our wacky water toys. Keep your little fish practicing their swimming skills!

**\$5 parent/child
\$2 each additional child
Every Wednesday, 1-3pm**

The pool will be closed to the public every Tuesday, Wednesday & Thursday from 3:30-4:30pm, November 11-February 5 for Herndon High School Swim Team practice.

The pool is open to lap swimmers (age 13 & up) and scheduled swim lessons only on Saturday and Sunday mornings until noon.

Aquatics Class Make-up Policy

Classes canceled due to inclement weather, pool closures or instructor illnesses are made up as the calendar allows. Credits for canceled classes will not be issued to participants who are unable to attend the make-up class.

Preschool Aquatics

ATTENTION: Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

Parents should remember that unless a child is practicing skills learned in a class, they may lose their proficiency to demonstrate the required skills. Do not place your child in a higher level course unless they have been practicing the required skills on a regular basis, or have been passed on during a course evaluation. It is better to repeat a course to strengthen skills than place a child in a class over his level!

Swimming Guidelines

To enroll, child needs to...

Starfish No experience necessary but must be able to:

- Separate from parent
- Follow directions in a group setting

Seahorse Successful completion of Starfish or ability to:

- Put face in the water 5 seconds
- Blow bubbles
- Assisted front glide w/ kick 3 feet
- Walk in chest deep water
- Float on front and back with assistance 5 seconds
- Roll over front to back with help

Otters Successful completion of Seahorse or ability to:

- Float on front and back independently
- Jump to instructor and return to the side
- Retrieve objects in shallow water

- Roll over from front to back
- Tread water for 5 seconds with arms and legs
- Swim with arm stroke and kick on front and back 5 yards

Manatees Successful completion of Otter or ability to:

- Jump in 12 feet and return to side without assistance
- Front crawl 10 yards with breathing
- Elementary backstroke 10 yards
- Butterfly kick
- Sitting /kneeling dives
- Tread water for 15 seconds in the deep water

Level 1 No experience necessary but:

- Must be able to participate in group setting

Level 2 Successful completion of Level 1 or the ability to:

- Face in water and blow bubbles 5 seconds
- Submerge face and pick up item
- Float on the back with assistance
- Kick on front with face in using barbells

Level 3 Successful completion of Level 2 or the ability to:

- Float on front and back independently
- Roll over from front to back
- Tread water for 15 seconds
- Combined stroke front and back 5 yards

Level 4 Successful completion of Level 3 or the ability to:

- Elementary backstroke 15 yards
- Front crawl and backstroke 15 yards
- Jump into deep water and swim 15 yards
- Kneeling dive
- Tread water 30 seconds
- Scissors kick

Level 5 Successful completion of Level 4 or the ability to:

- Tread water 2 minutes
- Crawl stroke 25 yards with rotary breathing
- Back crawl 15 yards
- Breaststroke 15 yards
- Butterfly 15 yards

AQUATICS

- Elementary backstroke 25 yards
- Scissors kick
- Stride dive and open turn

Level 6 Successful completion of Level 5 or the ability to:

- Tread water 5 minutes
- Front crawl stroke 50 yards with rotary breathing
- Back crawl 25 yards
- Breaststroke 25 yards
- Butterfly 25 yards
- Elementary backstroke 50 yards
- Sidestroke 25 yards
- Front and back flip turns
- Long shallow dive, tuck and pike surface dives

Diving Guidelines

Introduction to Diving No previous diving experience necessary but must be able to:

- Be comfortable in deep water
- Swim 25 yards

Diving 1 Successful completion of Introduction to Diving or the ability to:

- Be comfortable in deep water
- Swim 25 yards
- Dive head first from the side of the pool

Diving 2 Successful completion of Diving 1 or the ability to:

- Swim 25 yards
- Forward approach of 3 steps, hurdle and tuck dive
- Instructor permission recommended

Diving 3 Instructor permission and successful completion of Diving 2 or the ability to:

- Compete on a dive team
- Swim 25 yards
- Forward optional dives (flips)
- Back and inward dives
- Instructor permission is required

Aquatots Age 6-18 months

Instructor works closely with parent in helping infant develop basic water skills, including: water adjustment, safety and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

Swim with parent

8, 25 minute sessions TOH \$58/NR \$72

September 13-October 6

2011.101 M/W 10:30-10:55am

October 18-November 15

2011.102 M/W 10:30-10:55am

November 22-December 20

2011.103 M/W 10:30-10:55am

6, 25 minute sessions TOH \$45/NR \$55

September 11-October 23

2011.604 Sa 9:30-9:55am

November 6-December 18

2011.605 Sa 9:30-9:55am

Guppies Age 19-36 months

Instructor works closely with parent in helping develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Toddlers are required to wear swim diapers and plastic pants with elastic at legs and waistband.

Swim with parent

8, 25 minute sessions TOH \$58/NR \$72

September 13-October 6

2012.101 M/W 10-10:25am

October 18-November 15

2012.102 M/W 10-10:25am

November 22-December 20

2012.103 M/W 10-10:25am

6, 25 minute sessions TOH \$45/NR \$55

September 17-October 22

2012.504 F 11-11:25am

November 5-December 17

2012.507 F 11-11:25am

September 11-October 23

2012.605 Sa 10-10:25am

November 6-December 18

2012.608 Sa 10-10:25am

Minnows Age 3-5

Instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. This class is designed for children who are older than our Guppies, but are hesitant to separate from the parent. Skills that are taught include: breath control, floating on front and back, and kicking.

Swim with parent

8, 25 minute sessions TOH \$58/NR \$72

September 14-October 7

2018.201 T/Th 9:30-9:55am

October 19-November 16

2018.202 T/Th 9:30-9:55am

November 6-December 16

2018.203 Sa 9-9:25am

6, 25 minute sessions TOH \$45/NR \$55

September 11-October 23

2018.604 Sa 9-9:25am

November 6-December 18

2018.605 Sa 9-9:25am

Starfish Age 3-6

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience.

Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers.

Child's first water experience without parent

8, 25 minute sessions TOH \$58/NR \$72

September 13-October 6

2013.101 M/W 9:30-9:55am

2013.102 M/W 10:30-10:55am

2013.103 M/W 6:30-6:55pm

October 18-November 15

2013.104 M/W 9:30-9:55am

2013.105 M/W 10:30-10:55am

2013.106 M/W 6:30-6:55pm

November 22-December 20

2013.107 M/W 9:30-9:55am

2013.108 M/W 10:30-10:55am

2013.109 M/W 6:30-6:55pm

September 14-October 7

2013.210 T/Th 10-10:25am

2013.211 T/Th 11-11:25am

2013.212 T/Th 1-1:25pm

2013.213 T/Th 6-6:25pm

October 19-November 16

2013.214 T/Th 10-10:25am

2013.215 T/Th 11-11:25am

2013.216 T/Th 1-1:25pm

2013.217 T/Th 6-6:25pm



Come and play on
Swampson the
floating alligator on
Saturdays or the water
slide on Sundays
from 1-4pm!

AQUATICS



**No Classes on October 9-10,
November 1-2, 24-28 & December 5**

November 18-December 16

2013.218	T/Th	10-10:25am
2013.219	T/Th	11-11:25am
2013.220	T/Th	1-1:25pm
2013.221	T/Th	6-6:25pm

6, 25 minute sessions TOH \$45/NR \$55

September 15-October 20

2013.329	W	1-1:25pm
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November 3-December 15

2013.330	W	1-1:25pm
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September 17-October 22

2013.530	F	11:30-11:55am
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November 5-December 17

2013.531	F	11:30-11:55am
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September 11-October 23

2013.625	Sa	8:30-8:55am
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2013.626	Sa	9:30-9:55am
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November 6-December 18

2013.631	Sa	8:30-8:55am
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2013.632	Sa	9:30-9:55am
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September 12-October 24

2013.727	Su	10-10:25am
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October 31-December 19

2013.733	Su	10-10:25am
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Seahorse Age 3-6

Seahorse students can demonstrate water orientation skills. The class focuses on front and back floating, front and back gliding, breath control, kicking, and combination of front swim and back swim. Treading water is introduced. Basic water safety skills are introduced.

Previous water experience

8, 25 minute sessions TOH \$58/NR \$72

September 13-October 6

2014.101	M/W	10-10:25am
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2014.102	M/W	11-11:25am
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2014.103	M/W	5:30-5:55pm
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October 18-November 15

2014.104	M/W	10-10:25am
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2014.105	M/W	11-11:25am
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2014.106	M/W	5:30-5:55pm
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November 22-December 15

2014.107	M/W	10-10:25am
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2014.108	M/W	11-11:25am
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2014.109	M/W	5:30-5:55pm
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September 14-October 7

2014.210	T/Th	9:30-9:55am
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2014.211	T/Th	10:30-10:55am
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2014.212	T/Th	1:30-1:55pm
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2014.213	T/Th	6:30-6:55pm
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October 19-November 16

2014.214	T/Th	9:30-9:55am
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2014.215	T/Th	10:30-10:55am
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2014.216	T/Th	1:30-1:55pm
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2014.217	T/Th	6:30-6:55pm
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November 18-December 16

2014.218	T/Th	9:30-9:55am
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2014.219	T/Th	10:30-10:55am
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2014.220	T/Th	1:30-1:55pm
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2014.221	T/Th	6:30-6:55pm
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6, 25 minute sessions TOH \$45/NR \$55

September 15-October 20

2014.322	W	10:30-10:55am
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2014.323	W	1:30-1:55pm
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November 3-December 15

2014.328	W	10:30-10:55am
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2014.329	W	1:30-1:55pm
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September 17-October 22

2014.524	F	12-12:25pm
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November 5-December 17

2014.530	F	12-12:25pm
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September 11-October 23

2014.625	Sa	9-9:25am
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2014.626	Sa	10-10:25am
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November 6-December 18

2014.631	Sa	9-9:25am
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2014.632	Sa	10-10:25am
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September 12-October 24

2014.727	Su	10:30-10:55am
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October 31-December 19

2014.733	Su	10:30-10:55am
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Otters Age 4-6

Our Otter students can demonstrate higher swimming skills. Class focuses on front crawl, elementary backstroke, treading water, and diving from seated and kneeling positions. There is instruction in swimming in deep water and basic water safety rules.

8, 25 minute sessions TOH \$58/NR \$72

September 13-October 6

2015.101	M/W	9:30-9:55am
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2015.102	M/W	5-5:25pm
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October 18-November 15

2015.103	M/W	9:30-9:55am
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2015.104	M/W	5-5:25pm
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November 22-December 16

2015.105	M/W	9:30-9:55am
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2015.106	M/W	5-5:25pm
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September 14-October 7

2015.207	T/Th	10:30-10:55am
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2015.208	T/Th	2-2:25pm
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2015.209	T/Th	5:30-5:55pm
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October 19-November 16

2015.210	T/Th	10:30-10:55am
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2015.211	T/Th	2-2:25pm
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2015.212	T/Th	5:30-5:55pm
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November 18-December 16

2015.213	T/Th	10:30-10:55am
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2015.214	T/Th	2-2:25pm
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2015.215	T/Th	5:30-5:55pm
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6, 25 minute sessions TOH \$45/NR \$55

September 13-October 18

2015.116	M	10-10:25am
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2015.118	M	2-2:25pm
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November 8-December 13

2015.117	M	10-10:25am
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2015.119	M	2-2:25pm
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September 15-October 20

2015.317	W	10-10:25am
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2015.318	W	2-2:25pm
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November 3-December 8

2015.319	W	10-10:25am
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2015.320	W	2-2:25pm
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September 17-October 22

2015.519	F	12:30-12:55pm
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November 5-December 17

2015.524	F	12:30-12:55pm
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September 11-October 23

2015.620	Sa	10:30-10:55am
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November 6-December 18

2015.625	Sa	10:30-10:55am
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September 12-October 24

2015.721	Su	11-11:25am
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October 31-December 19

2015.726	Su	11-11:25am
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Manatees Age 4-6

To enroll in this class, students should be able to swim a distance of 15 yards of front crawl with side breathing, and 15 yards of elementary backstroke. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke, breaststroke, butterfly, compact dives and basic water safety instruction.

An advanced course for the preschool swimmer

8, 25 minute sessions TOH \$58/NR \$72

September 13-October 6

2016.101	M/W	11-11:25am
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2016.102	M/W	6-6:25pm
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October 18-November 15

2016.103	M/W	11-11:25am
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2016.104	M/W	6-6:25pm
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November 22-December 15

2016.105	M/W	11-11:25am
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2016.106	M/W	6-6:25pm
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September 14-October 7

2016.207	T/Th	10-10:25am
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2016.208	T/Th	5-5:25pm
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October 19-November 16

2016.209	T/Th	10-10:25am
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2016.210	T/Th	5-5:25pm
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November 18-December 16

2016.211	T/Th	10-10:25am
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2016.212	T/Th	5-5:25pm
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6, 25 minute sessions TOH \$45/NR \$55

September 15-October 20

2016.319	W	9:30-9:55am
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2016.313	W	2:30-2:55pm
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November 3-December 18

2016.320	W	9:30-9:55am
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2016.314	W	2:30-2:55pm
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AQUATICS

September 17-October 22		
2016.514	F	1-1:25pm
November 5-December 17		
2016.517	F	1-1:25pm
September 12-October 24		
2016.715	Su	11:30-11:55am
October 31-December 19		
2016.718	Su	11:30-11:55am

Youth Aquatics

Level 1 Age 6 & up

This Red Cross course is designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, treading water, and familiarization with arm/leg action for front crawl and safety skills.

8, 30 minute sessions TOH \$58/NR \$72

September 13-October 6		
2021.101	M/W	6-6:30pm
October 18-November 15		
2021.102	M/W	6-6:30pm
November 22-December 15		
2021.103	M/W	6-6:30pm
September 14-October 7		
2021.204	T/Th	5-5:30pm
October 19-November 16		
2021.205	T/Th	5-5:30pm
November 18-December 16		
2021.206	T/Th	5-5:30pm

6, 30 minute sessions TOH \$45/NR \$55

September 11-October 23		
2021.607	Sa	11-11:30am
November 6-December 18		
2021.609	Sa	11-11:30am
September 12-October 24		
2021.708	Su	11:30am-12pm
October 31-December 19		
2021.710	Su	11:30am-12pm

Level 2 Age 6 & up

This Red Cross course builds on the fundamental skills learned in Level 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, treading water, and increased safety skills.

8, 30 minute sessions TOH \$58/NR \$72

September 13-October 6		
2022.101	M/W	6:30-7pm
October 18-November 15		
2022.102	M/W	6:30-7pm
November 22-December 15		
2022.103	M/W	6:30-7pm
September 14-October 7		
2022.204	T/Th	5:30-6pm
October 19-November 16		
2022.205	T/Th	5:30-6pm

November 18-December 16		
2022.206	T/Th	5:30-6pm

6, 30 minute sessions TOH \$45/NR \$55

September 11-October 23		
2022.608	Sa	10:30-11am
November 6-December 18		
2022.610	Sa	10:30-11am
September 12-October 24		
2022.709	Su	11-11:30am
October 31-December 19		
2022.711	Su	11-11:30am

Level 3 Age 6 & up

This Red Cross course continues to build aquatic skills learned in previous classes. Coordination of front crawl and elementary backstroke, scissors kick, rotary breathing, kneeling dives and basic rescue skills are taught.

8, 30 minute sessions TOH \$58/NR \$72

September 13-October 6		
2023.101	M/W	5:30-6pm
October 18-November 15		
2023.102	M/W	5:30-6pm
November 22-December 15		
2023.103	M/W	5:30-6pm
September 14-October 7		
2023.204	T/Th	6:30-7pm
October 19-November 16		
2023.205	T/Th	6:30-7pm
November 18-December 16		
2023.206	T/Th	6:30-7pm

6, 30 minute sessions TOH \$45/NR \$55

September 13-October 18		
2023.107	M	4-4:30pm
November 8-December 13		
2023.108	M	4-4:30pm
September 11-October 23		
2023.608	Sa	10-10:30am
November 6-December 18		
2023.610	Sa	10-10:30am
September 12-October 24		
2023.709	Su	10:30-11am
October 31-December 19		
2023.711	Su	10:30-11am

Level 4 Age 6 & up

In this Red Cross course, students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl, breaststroke, and butterfly. Open turns are also introduced.

8, 30 minute sessions TOH \$58/NR \$72

September 13-October 6		
2024.101	M/W	5-5:30pm
October 18-November 15		
2024.102	M/W	5-5:30pm

November 22-December 15		
2024.103	M/W	5-5:30pm

September 14-October 7		
2024.204	T/Th	6-6:30pm

October 19-November 16		
2024.205	T/Th	6-6:30pm

November 18-December 16		
2024.206	T/Th	6-6:30pm

6, 30 minute sessions TOH \$45/NR \$55

September 13-October 18		
2024.107	M	3:30-4pm

November 8-December 13		
2024.108	M	3:30-4pm

September 11-October 23		
2024.608	Sa	9:30-10am

November 6-December 18		
2024.610	Sa	9:30-10am

September 12-October 24		
2024.709	Su	10-10:30am

October 31-December 19		
2024.711	Su	10-10:30am

Level 5 Age 6 & up

Students refine and coordinate the key strokes learned in previous Red Cross courses. Front and back crawl, and elementary backstroke are performed at increased distances. Sidestroke, breaststroke and butterfly are refined. Students learn how to perform open turns at the wall while swimming laps. Deep water work includes diving, water entries and treading.

6, 30 minute sessions TOH \$45/NR \$55

September 13-October 18		
2025.101	M	2:30-3pm

November 8-December 13		
2025.102	M	2:30-3pm

6, 45 minute sessions TOH \$78/NR \$109

September 11-October 23		
2025.602	Sa	8:45-9:30am

November 6-December 18		
2025.603	Sa	8:45-9:30am

Level 6 Age 6 & up

This Red Cross course focuses on polishing the strokes previously learned, as well as having the student perform them with greater ease and efficiency. Different dives and deep water rescue skills are taught. Flip turns and open turns for breaststroke and sidestroke are also developed.

6, 30 minute sessions TOH \$45/NR \$55

September 13-October 18		
2026.101	M	3-3:30pm

November 8-December 13		
2026.102	M	3-3:30pm

AQUATICS



**No Classes on October 9-10,
November 1-2, 24-28 & December 5**

Adapted Aquatics

Adapted Aquatics Age 5-16

For children with physical or mental disabilities who want to work on their swimming abilities. Focus is on water adjustment, safety and skills that are tailored to the needs of each participant. Volunteers are needed, training will be provided before the first day of class. Great community service project for high school students! Please call Kerstin Severin at **703-435-6800 x2128** if you have any questions regarding this program. Parents may have to go in the water if there is a lack of volunteers.

Level 1 & 2

6, 30 minute sessions TOH \$45/NR \$55

September 17-October 22

2028.501 F 4:30-5pm

November 5-December 17

2028.502 F 4:30-5pm

Level 3 & 4

6, 30 minute sessions TOH \$45/NR \$55

September 17-October 22

2028.503 F 5-5:30pm

November 5-December 17

2028.504 F 5-5:30pm

Youth Developmental Workout

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building.

Age 8 & under must swim 25 yards freestyle without stopping

Age 9-12 must swim 50 yards freestyle without stopping

Age 12-15 must swim 50 yards freestyle and 25 yards backstroke without stopping

Age 8 & under

12, 45 minute sessions TOH \$150/NR \$190

September 12-December 19

2027.701 Su 11:30am-12:15pm

2027.703 Su 3-3:45pm

2027.702 Su 3:45-4:30pm

Age 9-12

12, 45 minute sessions TOH \$150/NR \$190

September 12-December 19

2027.704 Su 10:45-11:30am

2027.705 Su 4:30-5:15pm

2027.706 Su 5:15-6pm

Age 12-15

12, 45 minute sessions TOH \$150/NR \$190

September 12-December 19

2027.707 Su 10-10:45am

Introduction to Diving Age 5-12

This class teaches head-first entries into the water; no previous experience is needed. Students will learn standing shallow and deep dives, racing dives for swim team, and standing dives from the springboard. Students must be able to swim 25 yards and be comfortable in deep water. Completion of Red Cross Level 3 is strongly recommended.

6, 30 minute sessions TOH \$45/NR \$55

September 14-October 19

2035.202 T 5:15-5:45pm

November 9-December 14

2035.204 T 5:15-5:45pm

Diving 1

This class introduces divers to the fundamentals of diving, starting with front and back jumps, and working through front and back dives. Approaches, hurdles and entries are also taught. Students must be comfortable in deep water and able to dive in head first.

Age 7 & up

6, 45 minute sessions TOH \$78/NR \$109

September 14-October 19

2036.203 T 5:45-6:30pm

November 9-December 14

2036.204 T 5:45-6:30pm

Diving 2/3

This class is designed for children with previous springboard diving experience. This class will include refinement of front and back dives, as well as learning more advanced dives and flips.

The completion of Beginner 1 Diving or equivalent is required

Age 7 & up

6, 1 hour sessions TOH \$86/NR \$107

September 14-October 19

2037.202 T 7:30-8:30pm

November 9-December 14

2037.201 T 7:30-8:30pm

High School Prep

Prepare for high school swim season. Get a head start with stroke work on freestyle, backstroke, breaststroke, and butterfly. Practices will also include work on starts, turns, and endurance building.

7, 1 hour sessions TOH \$93/NR \$123

September 14-October 26

2034.202 T 3:30-4:30pm

September 16-December 28

2034.201 T 3:30-4:30pm

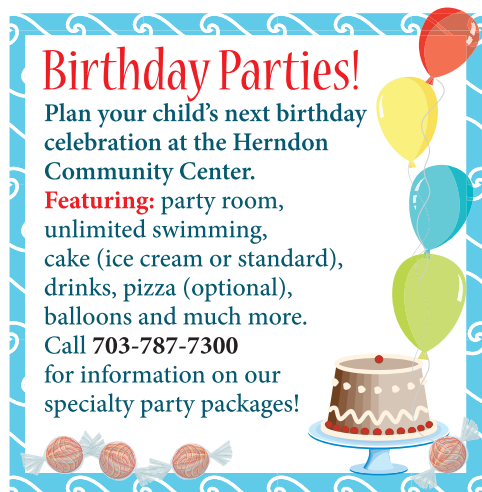
Birthday Parties!

Plan your child's next birthday celebration at the Herndon Community Center.

Featuring: party room, unlimited swimming, cake (ice cream or standard), drinks, pizza (optional), balloons and much more.

Call **703-787-7300**

for information on our specialty party packages!



Safety

Lifeguard Training Class

This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid and CPR/AED for the Professional Rescuer. Students must be 15 years old by the last day to be eligible to enroll. Participants must also pass a precourse swimming test to remain in the course. The precourse test includes: a 300-yard continuous swim consisting of 100 yards of freestyle, 100 yards of breaststroke, and 100 yards of either freestyle or breaststroke; swimming 20 yards to retrieve a 10-pound brick from a depth of 12 feet of water, and returning 20 yards with the brick, swimming on back, using legs only.

Students must attend all class sessions to pass this course!

Age 15 years & up by the last day of class
1, 2 hour session,

plus 5, 8 hour sessions TOH \$225/NR \$270
2051.101

December 18 Sa 12-2pm

December 27-31 M-F 9am-5pm

AQUATICS

Water Safety Instructor Age 16 & up

This American Red Cross course teaches participants how to instruct Red Cross swimming classes. The course covers swimming instruction for all ages, from infants to adults. We will also provide practical teaching experience. All students must be 16 years of age by the last day of class and complete a Water Safety precourse test. Students must pick up their materials and complete the first assignment prior to the first class session. Students must attend all class sessions to pass this course! For more information or to obtain a list of the precourse skills, please call Kerstin T. Severin at **703-435-6800 x2128**.

37 hours TOH \$225/NR \$270
2052.301

December 16	Th	5-9pm
December 17	F	5-8pm
December 18	Sa	8am-5pm
December 19	Su	8am-5pm
December 22	W	2-8pm
December 23	Th	8am-3pm

Adults

Adult Beginners

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water will be taught. Basic stroke technique will be introduced.

6, 45 minute sessions TOH \$78/NR \$109

September 13-October 18

2041.101	M	7:30-8:15pm
2041.102	M	10:45-11:30am

November 8-December 13

2041.104	M	10:45-11:30am
2041.103	M	7:30-8:15pm

September 11-October 23

2041.605	Sa	10:30-11:15am
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November 6-December 18

2041.606	Sa	10:30-11:15am
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Are you currently a lifeguard and need to renew your certification? We can arrange recertification classes as needed. Please contact Kerstin Severin at **703-435-6800, x 2128**.



Senior Swim Time!
Seniors can visit the pool all day Tuesdays for a reduced rate of \$2!

Adult Advanced Beginner

This class is for students who have passed Adult Beginners or those who are comfortable in the water, and are ready to concentrate on furthering the primary strokes: front and back crawl, elementary backstroke, and breaststroke. Treading water, and introduction to breathing are included in this class.

6, 45 minute sessions TOH \$78/NR \$109

September 15-October 20

2042.301	W	7:15-8pm
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November 10-December 22

2042.302	W	7:15-8pm
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September 11-October 23

2042.603	Sa	11:15am-12pm
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November 6-December 18

2042.604	Sa	11:15am-12pm
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Adult Intermediate

This class is for anyone who has completed Adult Advanced Beginner or looking for a little stroke improvement. Students will work on stroke refinement, coordination and endurance. Strokes learned in previous courses will be performed at increased distances. Sidestroke, diving and butterfly will be introduced.

6, 45 minute sessions TOH \$78/NR \$109

September 13-October 18

2043.101	M	10-10:45am
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November 8-December 13

2043.201	M	10-10:45am
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September 14-October 19

2043.201	T	7:30-8:15pm
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November 9-December 14

2043.202	T	7:30-8:15pm
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September 11-October 23

2043.605	Sa	12-12:45pm
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November 6-December 18

2043.606	Sa	12-12:45pm
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Seniors: Please see Senior Citizen discount information on the registration page.

Town of Herndon Town Council

Steve J. DeBenedittis, Mayor
Lisa C. Merkel, Vice Mayor
Connie Haines Hutchinson, Councilmember
Sheila A. Olem, Councilmember
Jasbinder Singh, Councilmember
William B. Tirrell, Councilmember
Grace Han Wolf, Councilmember
Arthur A. Anselene, Town Manager

Parks & Recreation Department Staff

Cindy Roeder, Director
Ann Marie Heiser, Deputy Director
Lori Rowland, Office Assistant
Wayne Thomas, Office Assistant
Cynthia Hoftiezer, Projects Coordinator
Vacant, Marketing Specialist
Kerstin Severin, Aquatic Services Manager
Drew Kreutter, Pool Operations Manager
Bruce Andersen, Swim Team Coach
Kevin Breza, Aquatics Program Assistant
Tom Wissinger, Community Center Manager
Dave Zakrzewski, Community Center Head Supervisor
Liz Kamp, Fitness Specialist
Jeff Burden, Personal Trainer
Bob Hilferty, Indoor Tennis Manager
Nancy Diecidue, Preschool Director

Recreation Services Supervisors

Ann Hoy, Special Interest, Arts & Crafts
Holly Popple, Performing Arts & Special Events
Taacha Brown-Drummond, Sports & Fitness
Mike Hotze, Teens, Special Interest & Events

Planning a Special Event or Meeting?

The Center can accommodate sit-down functions up to 375 people, or provide meeting space for up to 100, and has a warming/catering kitchen.

Call **703-787-7300** for information or to arrange a tour of our facilities.

WATER WORKOUTS

No Classes on October 9-10,
November 1-2, 24-28 & December 5

Water Workouts

Age 18 & up

Therapeutic Water Workout

This is a low-intensity water exercise program designed for those with arthritis, painful joints and general weakness. The class focuses on increasing range of motion, mobility and strengthening. Seniors: Please see Senior Citizen Discount information on the registration page.

Rubber-soled water shoes are recommended

26, 1 hour sessions TOH \$137/NR \$182

September 14-December 16

2047.101 T/Th 10-11am

Senior Water Aerobics

This course is an exercise class for the "Senior Citizen." It promotes fitness, flexibility, and range of motion at an intermediate pace. No swimming experience is necessary to participate. Seniors: Please see Senior Citizen Discount information on the registration page.

Rubber-soled water shoes are recommended

26, 1 hour sessions TOH \$137/NR \$182

September 13-December 15

2048.101 M/W 9-10am

13, 1 hour sessions TOH \$69/NR \$91

September 17-December 17

2048.502 F 9-10am

Water Aerobics

This is the total water workout. It combines both toning exercises, as well as aerobic conditioning. There is a deep-water element, and while no swimming experience is necessary, participants must be comfortable maneuvering in deep water. Babysitting is available during this class, please see page 12.

Rubber-soled water shoes are recommended

26, 1 hour sessions TOH \$137/NR \$182

September 14-December 16

2044.201 T/Th 9:30-10:30am

Water Walking

Join the "Wave of the Future" by water walking! Water walking is a low-impact aerobic workout that tones muscles in the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water since a portion of the workout is held in the 12-ft. area.

Rubber-soled water shoes are recommended

26, 1 hour sessions TOH \$137/NR \$182

September 13-December 15

2046.101 M/W 8-9am

Deep Water 1

A high-intensity, no-impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles.

No swimming skills are necessary but participants must be comfortable in deep water

26, 1 hour sessions TOH \$137/NR \$182

September 13-December 15

2045.101 M/W 6:30-7:30pm

September 14-December 14

2045.202 T/Th 8:30-9:30am

13, 1 hour sessions TOH \$69/NR \$91

September 11-December 18

2045.604 Sa 8-9am

Deep Water 2

This is the ultimate cardio challenge. This is a fast-paced, high-intensity class that will help tone and keep you strong. Flotation devices are used periodically.

Participants should be able to tread water without any device, and should have previously taken Deep Water 1

26, 1 hour sessions TOH \$137/NR \$182

September 13-December 15

2050.105 M/W 7:30-8:30pm

26, 1 hour sessions TOH \$137/NR \$182

September 14-December 14

2050.203 T/Th 7:30-8:30am

2050.206 T/Th 6:30-7:30pm

Early Bird Energizer

Start your day with this fun, high-intensity class that combines aerobic intervals with effective strength moves! This workout targets fat loss, muscle building and cardio endurance. Held in deep water, participants will wear ankle cuffs to provide buoyancy and resistance, while building a strong core.

Participants must be comfortable in deep water

26, 1 hour sessions TOH \$137/NR \$182

September 13-December 15

2049.101 M/W 6:30-7:30am

13, 1 hour sessions TOH \$69/NR \$91

September 17-December 10

2049.501 F 6:30-7:30am

Power Splash

This is a fun and energetic class that utilizes a variety of cardio and resistance work in both the shallow and deep end of the pool. Get a complete total body workout incorporating circuits and intervals, while using buoys, noodles and plyometrics.

Participants need to be comfortable in deep water

13, 1 hour sessions TOH \$69/NR \$91

September 17-December 10

2040.501 F 8-9am



DESIGN A CLASS

Have you been unable to be placed in a swim class of your choice? Do you and your friends have free time in the weekday afternoon from 12-3pm? Then it's time to "Design a Class!" Three to five swimmers are needed to schedule a group lesson on the day that fits your schedule. For more information, contact Kerstin Severin at 703-535-6800 x2128.



GROUP FITNESS

**No Classes October 9-10,
November 2, 25-28 & December 5**

Pass holders and those paying the daily admission fee are eligible to take any of our fitness and aerobics classes at no additional charge (except where noted). Some classes may reach capacity or have limited specialty equipment available for drop-in students. See page 2 for details on becoming a pass holder and receiving all the benefits the Herndon Community Center offers for your health and fitness needs. Babysitting is available during Kid Care hours.

Please consult your doctor prior to starting any exercise program.

Exercise, Health & Fitness classes are designed for age 16 & up.

Strength and Fitness Fit Moms

Get in shape, exercise with friends and burn calories with your tots in tow. For any mom who wants to get back into shape at any point in her life. Come pregnant, come alone or bring one, two or three children, age 4 weeks-5 years, and achieve your fitness goals in a fun family atmosphere. Class meets twice a week and combines aerobics, strength training, core, yoga, kickboxing, dance and more! Special modifications for beginners and pregnant participants. At the end of class, babies and toddlers are invited to the floor for core work and stretching with Mom—or just playing with their pals while Mom finishes her workout. Bring water and anything your child might need. No special stroller required as long as your child can sit in it for the cardio portion of class.

26, 1 hour sessions TOH \$143/NR \$190
September 13-December 8

2241.101 M/W 10-11am

**Must register. Not part of the pass holder/
walk-in admission.*

Body Blaster Circuit

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, and ever-changing intervals. This effective combination is heart smart, and with regular workouts, will give you a powerful, toned body.

26, 1 hour sessions TOH \$143/NR \$190
September 13-December 8

2241.102 M/W 9-10am

Total Body Conditioning

A total-body-strength class, which includes balance, functional core stability and abdominal training. Strengthen and sculpt all major muscle groups using resistance tubing and free weights. The balance element will use yoga- and Pilates-based techniques to connect the body and mind. The class will end with controlled stretching to increase flexibility and promote relaxation. A total-body-strength workout to jump-start your metabolism!

26, 1 hour sessions TOH \$143/NR \$190

September 13-December 8

2241.103 M/W 6-7pm

Body Sculpt

Use a variety of equipment and techniques to sculpt your whole body by focusing on all major muscle groups. You will build and sculpt muscles, strengthen your core, and improve your strength and flexibility, while focusing on total-body health.

26, 1 hour sessions TOH \$143/NR \$190

September 13-December 8

2241.104 M/W 7:10-8:10pm

Total Body Energizer

A fun total-body workout with emphasis on combination and functional movements. This class uses weights, bars, balls and bands to work all major muscle groups from head to toe. Appropriate for those looking for a challenging workout!

12, 1 hour sessions TOH \$66/NR \$88

September 14-December 14

2241.105 T 7-8pm

Amp'd Abs

Tone your abs with this challenging 30-minute workout! This class focuses on working muscles you never knew you had, while developing core strength that will support you in a wide variety of activities.

13, 30 minute sessions TOH \$35/NR \$47

September 15-December 8

2241.106 W 5:30-6pm

Core Challenge

If you're up for a challenge, this class is for you...a 45-minute intensive class that focuses on building core strength, endurance and flexibility! Challenging exercises will target the lower and upper abdominals, obliques, back, and hips. Modifications for beginners will be provided.

24, 45 minute sessions TOH \$132/NR \$175

September 14-December 16

2241.107 T/Th 12:15-1pm

Strength and Sculpt

Get a highly efficient, full-body workout using free weights, tubes and balls to strengthen and sculpt all muscle groups. Accommodates beginner to advanced fitness levels.

24, 1 hour sessions TOH \$132/NR \$175

September 14-December 9

2241.108 T/Th 11am-12pm

Floor Aerobics Zumba Fitness

A Latino-influenced dance-style class that combines high-energy moves and dance combinations that are designed to make your workout fun, and make you feel great! No prior dance experience is necessary. Wear comfortable workout clothing and sneakers.

13, 1 hour sessions TOH \$72/NR \$95

September 13-December 6

2242.109 M 5:30-6:30pm

September 14-December 7

2242.110 T 5:45-6:45pm

2242.111 T 8:10-9:10pm

12, 1 hour sessions TOH \$66/NR \$88

September 16-December 9

2242.112 Th 5:30-6:30pm

2242.113 Th 8:10-9:10pm

Combination Floor and Step Aerobics

Cardio/Sculpt Interval (CSI)

A cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

24, 1 hour sessions TOH \$132/NR \$175

September 14-December 9

2242.114 T/Th 9:30-10:30am

Step & Sculpt

Get the best of both worlds! Forty minutes of calorie-burning step, along with sculpting and strengthening your muscles, using resistance tubing and free weights. Finish with controlled stretching to relax and increase flexibility.

Continued on the following page.

GROUP FITNESS

24, 1 hour sessions TOH \$132/NR \$175
September 14-December 9
 2242.115 T/Th 5:50-6:50pm
September 13-December 8
 2242.116 M/W 7:15-8:15pm

Early Bird Workouts

Designed so you can work out, shower, dress and still get to work on time. Includes locker room privileges.

Body Tone

Start your day right by joining this early bird workout to improve your shape, tone and overall body fitness. This class utilizes a variety of equipment and techniques to tone your body, increase muscle strength and flexibility, and develop better coordination and posture using functional movements.

26, 1 hour sessions TOH \$143/NR \$190
September 13-December 8
 2244.117 M/W 6-7am

Step & Sculpt

24, 1 hour sessions TOH \$132/NR \$175
September 14-December 9
 2244.119 T/Th 6-7am

Zumba Fitness

13, 1 hour sessions TOH \$72/NR \$95
September 15-December 8
 2244.121 W 7-8am
 12, 1 hour sessions TOH \$66/NR \$88
September 17-December 10
 2244.122 F 7-8am

Weekend Warriors

Zumba Fitness

12, 1 hour sessions TOH \$66/NR \$88
September 11-December 11
 2245.123 Sa 11:30am-12:30pm

Total Body Energizer

12, 1 hour sessions TOH \$66/NR \$88
September 12-December 19
 2245.124 Su 9:30-10:30am

Cardio Blast

12, 1 hour sessions TOH \$66/NR \$88
September 11-December 11
 2245.125 Sa 9-10am

Try our new Dancercise class on page 23.

No Classes
 October 9-10,
 November 2, 25-28
 and December 5



Kid Care

Take advantage of the drop-off babysitting service, run by our friendly staff.

Morning
 Monday & Wednesday 9-11am • Tuesday & Thursday 9am-12pm
Evening
 Monday-Thursday 5:30-8:15pm

- \$5 for 2 hours
- \$56.25 for 15-visit punch pass 2243.108
- \$75.50 for 25-visit punch pass 2243.109

Children 12 months & older will be in a safe and fun environment while you take a class, get in your workout or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule, and convenient punch passes simplify the registration and payment process. Sorry, staff will not change diapers.

NOTE: Parents or guardians must be registered in a HCC program or using the facility.

Drop-ins are admitted daily on a space-available basis.

FALL 2010 SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6-7am Body Tone	6-7am Step & Sculpt	6-7am Body Tone	6-7am Step & Sculpt		
	9-10am Body Blaster Circuit	9:30-10:30am Cardio/Sculpt Interval	7-8am Zumba	9:30-10:30am Cardio/Sculpt Interval	7-8am Zumba	
9:30-10:30am Total Body Energizer		11am-12pm Strength & Sculpt	9-10am Body Blaster Circuit	11am-12pm Strength & Sculpt		9-10am Cardio Blast
		12:15-1pm Core Challenge		12:15-1pm Core Challenge		11:30am-12:30pm Zumba
	5:30-6:30pm Zumba	5:45-6:45pm Zumba	5:30-6pm Amp'd Abs	5:30-6:30pm Zumba		
	6-7pm Total Body Conditioning	5:50-6:50pm Step & Sculpt	6-7pm Total Body Conditioning	5:50-6:50pm Step & Sculpt	Drop-in classes pay general admission	
	7:10-8:10pm Body Sculpt	7-8pm Total Body Energizer	7:10-8:10pm Body Sculpt			
	7:15-8:15pm Step & Sculpt	8:10-9:10pm Zumba	7:15-8:15pm Step & Sculpt	8:10-9:10pm Zumba		

Kids Fitness

Fit Kids Age 3-6

Fit Kids is not the physical education class you remember from elementary school! This is children's physical fitness and tumbling designed to work on your child's motor skills, flexibility and strength, and will develop good hand-eye coordination by participating in relays, balance games, tumbling, jumping and obstacle courses. Music and creative movement added to exercise makes exercise playful and fun. Healthy bodies build healthy minds.

6, 45 minute sessions TOH \$36/NR \$45

September 13-October 18

2211.123 M 1-1:45pm

12, 45 minute sessions TOH \$54/NR \$72

September 15-December 1

2211.124 W 4-4:45pm

**No Classes October 9-10,
November 2, 25-28 and
December 5**

Gentle Yoga Age 55 & up

A functional fitness-based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself. *Please bring water, small pillow, mat and blanket to each class*

12, 1 hour sessions TOH \$96/NR \$128

September 13-November 29

2257.203 M 10:10-11:10am

September 15-December 1

2257.204 W 10:10-11:10am

Kundalini Yoga Age 16 & up

Suitable for beginners and all levels. This yoga is an ancient system of self-healing, using rhythmic breathing, yoga sets (series of postures), guided relaxation and meditation to help relieve stress and tension, while also creating a healthy body.

Wear comfortable clothing and bring a yoga mat, at least 3/16" thick, and a lightweight blanket

12, 1.5 hour sessions TOH \$143/NR \$191

September 13-November 29

2247.206 M 7:30-9pm

September 16-December 9

2247.207 Th 7-8:30pm

12, 1 hour sessions TOH \$96/NR \$128

September 17-December 10

2247.208 F 10-11am

Hatha Yoga Age 16 & up

A combination of breathing techniques and physical postures, called "asanas," to release tension in the body and relieve stress while building strength, increasing flexibility and endurance.

Wear comfortable clothing and bring a yoga mat, at least 3/16" thick, and a lightweight blanket.

At least one previous session of yoga at HCC or previous yoga experience is required to register for Intermediate Yoga

Beginner

12, 1.5 hour sessions TOH \$143/NR \$191

September 12-December 19

2247.209 Su 11:45am-1:15pm

Intermediate

12, 1.5 hour sessions TOH \$143/NR \$191

September 12-December 19

2247.210 Su 1:30-3pm

12, 1 hour sessions TOH \$96/NR \$128

September 15-December 1

2247.211 W 7-8pm

Feldenkrais (Awareness Through Movement Method)

Age 16 & up

A method of movement re-education that teaches people to move with greater ease and less effort, and making daily life easier. The instructor will guide you through a sequence of gentle movements so you learn to let go of limiting habits. This technique will help to ease chronic problems, minimize pain, and enhance flexibility, balance and coordination. Class is suitable for young and old.

Wear comfortable clothing and bring a mat, at least 3/16" thick, and a lightweight blanket

12, 1 hour sessions TOH \$96/NR \$128

September 15-December 1

2247.212 W 6-7pm

Pilates Age 16 & up

An innovative system of mind and body exercises, which dramatically transform the way your body looks, feels and performs. Build strength, gain long, lean muscles, and develop flat abdominals and a strong back, while improving your muscle elasticity and joint mobility. But most importantly, come and have fun.

12, 1 hour sessions TOH \$96/NR \$128

September 16-December 9

2247.213 Th 6-7pm

September 11-December 11

2247.214 Sa 10:15-11:15am

Youth Yoga

Itsy Bitsy Yoga®

New!

Itsy Bitsy Yoga is a fun, active, developmentally-appropriate yoga program designed for parents and children to enjoy together. Itsy Bitsy Yoga for Tots is a supportive, fun-loving and active yoga class that offers tot-centric poses to encourage and support physical explorations. Tots become more confident in their moving bodies as they practice yoga in and out of class. The Tykes class combines unique, toddler-friendly yoga poses with songs, stories and games to create an enriching parent/child activity. Each class is personalized around toddlers' and preschoolers' natural curiosities as they learn yoga through social interaction, repetition and play.

Tots Age crawling-24 months

6, 1 hour sessions TOH \$74/NR \$98

September 14-October 19

2211.125 T 9:30-10:30am

6, 1 hour sessions

October 26-December 7

2211.126 T 9:30-10:30am

Tykes Age 21 months-4 years

6, 1 hour sessions TOH \$74/NR \$98

September 17-October 22

2211.127 F 9:20-10:20am

6, 1 hour sessions

October 29-December 10

2211.128 F 9:20-10:20am

Boot Camp for Women & Men

Dedication, Determination, Motivation and Fun

Class is designed for all levels of ability. Classes are sometimes held indoors in the event of inclement weather.

Locations: Check our updated listing on www.FIResults.com or call **1-877-62SHAPE (877-627-4273)** for more information. Guaranteed Results!

**Held outdoors at
Herndon Community Center.**



FITNESS ROOM



Fitness Room Services

Please note: Senior Discounts do not apply to Fitness Room programs.

Fitness Room Orientation

Get to know the Fitness Room better! The Fitness Room staff will take you through the room to introduce and demonstrate the cardio machines, free weights, Cybex equipment and other fitness equipment. Please sign up at the Fitness Room Desk.

1, 30 minute session
T 7pm

ExpressFIT Age 12 & up **NOL**

A personalized, 30-minute total-body workout designed by one of our trainers. The trainer will develop a workout specific to your fitness goals, designed to strengthen every major muscle group in 30 minutes. ExpressFIT sets you up with a workout on file in the Fitness Room to do each time you are here.

1, 45 minute session TOH \$50/NR \$50
2274.200

1, 1 hour session with fitness assessment & evaluation TOH \$75/NR \$75
2274.201

OsteoFIT Age 30 & up **NOL**

Whether you have osteoporosis now or are hoping to avoid it, OsteoFIT is a program to help. Research demonstrates that exercise can prevent bone loss and, in some cases, can reverse bone loss! OsteoFIT is a one-on-one session with a personal trainer to teach you a workout that promotes bone density and total-body strength.

1, 1 hour session TOH \$50/NR \$50
2278.200

Personal Training Age 14 & up **NOL**

Each package (6 or more sessions) includes a full fitness assessment and evaluation, a detailed, custom-designed exercise regimen, and a personal trainer to be with you every step of the way!

Personal Training Fees

One-on-One Personal Training

	TOH Resident/Non-Resident
1, 30 minute session 2274.100	\$29/\$38
1, 45 minute session 2274.101	\$38/\$50
6, 30 minute sessions 2274.102	\$146/\$195
6, 45 minute sessions 2274.103	\$191/\$255
10, 30 minute sessions 2274.104	\$180/\$240
10, 45 minute sessions 2274.105	\$282/\$375

Personal Training PLUS **NOL**

Age 16 & up

Sometimes we need a little more accountability to reach our goals. You'll receive a food and nutrition log book. Each meeting will consist of going over your log book with your trainer while receiving nutrition and fitness tips to keep you on track. Add Personal Training PLUS to your Personal Training package to add 15 minutes onto any regular session.

6, 15 minute sessions TOH \$34/NR \$45
2274.600

10, 15 minute sessions TOH \$56/NR \$75
2274.601

Group Personal Training **NOL**

Age 14 & up

Often, the key to sticking to a workout routine is having a workout partner to keep you on track. If you'd like to work out with a few friends, here's your chance!

Wellness Workshops **New!**

For Parents & Their Teen Athletes: The Keys to Improvement

We will discuss the proper training techniques to avoid injuries, signs of overtraining, how to avoid burnout and what to do during the off-season. Must register by September 7.

1, 1 hour session TOH \$10/NR \$10
September 14
2279.110 T 6-7pm

Parents: Fitness for Your Inactive Child

Parents will be given ideas for ways to keep their child active. The focus of this

workshop is to help parents find fun ways to keep children engaged in and asking for activities. It's time to turn off the TV and get moving! Must register by September 21.
1, 1 hour session TOH \$10/NR \$10

September 28

2279.111 T 6-7pm

Fit Females: How to Fight the Metabolism Slow Down

On average, a woman in the United States gains 10 pounds per decade beyond 30. Come learn what foods and activities help boost your metabolism. It doesn't have to be a losing weight battle, you just need to be armed and ready. Must register by September 28.

1, 1 hour session TOH \$10/NR \$10

October 5

2279.112 T 6-7pm

My Aching Back: Stretching and Strengthening for Pain Reduction

The majority of lower back pain can be solved with stretches and strength training. Come learn what exercises can loosen up the back and help you return to an active lifestyle. Must register by October 12.

1, 1 hour session TOH \$10/NR \$10

October 19

2279.113 T 6-7pm

Morning Burn Age 16 & up

Tough strength training and cardio are keys to a good wakeup workout session. Get energized in 45 minutes! Our trainers will keep you moving between stations of strength and cardio, to get the most out of a tight schedule.

24, 45 minute sessions TOH \$128/NR \$171

September 14-December 7

2278.800 T/Th 6:30-7:15am

Lunch Crunch Age 16 & up

It's too easy to get into a boring routine when you're crunched for time. Come mix it up with a total-body circuit, designed for a small group by our trainers. This workout will give you enough time to get in and out but will challenge you while you're here.

24, 50 minute sessions TOH \$143/NR \$190

September 13-December 1

2278.501 M/W 12:05-12:55pm

12, 50 minute sessions TOH \$72/NR \$95

September 17-December 10 (no class 11/26)

2278.502 F 12:05-12:55pm

NOL Indicates no online registration

Group Personal Training Fees

	(per person rates) TOH Resident/Non-Resident
2 People Training	
1, 45 minute session 2274.800	\$24/\$32
8, 45 minute sessions 2274.803	\$171/\$228
3-6 People Training	
1, 45 minute session 2274.801	\$21/\$28
8, 45 minute sessions 2274.804	\$146/\$194



FITNESS ROOM

Athletic Conditioning **New!**

Age 18 & up

If you like to sweat and walk away from a workout feeling like you put 100% effort in, then this is the workout for you. This workout is designed based on principles of off-season training for athletes. We'll have a focus on muscle and cardiovascular endurance. The ability to work on an anaerobic level is key for athletes, so expect to be pushed to the limit during this hour-long workout.

12, 1 hour sessions TOH \$90/NR \$120

September 13-November 29

2279.500 M 8:30-9:30pm

September 15-December 1

2279.501 W 6:15-7:15am

September 17-December 10 (No class 11/26)

2279.503 F 9-10am

September 16-December 9 (No class 11/25)

2279.502 Th 5:30-6:30pm

Intervals for Weight Loss Age 16 & up

Interval training is one of the best ways to boost your metabolism and lose weight. If your personal goal involves weight loss, join us for a low-impact interval training class.

12, 1 hour sessions TOH \$86/NR \$114

September 14-November 30

2279.400 T 6:30-7:30pm

September 17-December 10 (No class 11/26)

2279.402 F 6:30-7:30pm

Simply Stretch Age 16 & up

Stretching is the first thing that we let go when it comes to our workouts. Come and join one of our trainers for a total-body stretch session. Learn how to elongate your muscles and help them repair after a workout.

24, 30 minute sessions TOH \$86/NR \$114

September 14-December 7 (No class 11/26)

2279.100 T/F 10:30-11am

12, 30 minute sessions TOH \$43/NR \$57

September 11-December 11

(No class 10/9, 11/27)

2279.101 Sa 11:30am-12pm

Ease into Exercise Age 16 & up

Starting a workout routine can be intimidating. Come make some friends and get a great workout with a Certified Personal Trainer. Exercise modifications will be made to fit your individual fitness needs.

12, 1 hour sessions TOH \$86/NR \$114

September 14-November 30

2279.201 T 9-10am

September 13-November 29 (No class 11/25)

2279.202 M 7:30-8:30pm

Sport Specific

Fall Fun Run Age 18 & up

Do you have trouble sticking to your running schedule? Come join us for a fun run every Tuesday. We'll help keep you on track and will give you running pointers along the way. The runs will be 2.5 or 5 miles with two turnaround options, depending on how far you'd like to go.

14, 1 hour sessions TOH \$41/NR \$54

September 14-November 30

2279.403 T 5:30-6:30pm

Strength for Speed Age 16 & up

Are you a runner looking to increase your speed? All too often, runners forget that you need strength to increase speed. No, muscles won't slow you down! This is a total-body workout focusing on the exercises necessary to be a healthy and fast runner.

12, 1 hour sessions TOH \$90/NR \$120

September 14-November 30

2279.300 T 1-2pm

Running 101 Age 16 & up

Want to start running or get back into running, but don't know where to start? Running 101 is a small group training class for new or returning runners to prepare for the 2010 Herndon Turkey Trot 5k. The focus of the program is to teach proper running technique, injury prevention, agility training and strength training specific to runners. Mondays will be devoted to running outside, rain or shine; Wednesdays will be strength classes.

24, 1 hour sessions TOH \$184/NR \$240

12, 1 hour running classes (may vary from 45-60 minutes, depending on distance run)

12, 1 hour strength classes

September 13-December 1

2274.400 M/W 6-7pm

For Women

Prenatal Circuit Training

Age 16 & up

Whether it's baby number one or number five, there is no doubt that working out while you're pregnant has endless benefits! Join us for a fun, tough and safe strength-training session. Generally, it is safe to do circuit training as long as you've worked out before pregnancy and have continued to work out with your doctor's permission. The

Certified Trainer will make exercise modifications based on your due date.
12, 1 hour sessions TOH \$90/NR \$120

September 13-November 29

2278.300 M 6-6:45pm

September 11-December 11

(No class 10/9, 11/27)

2278.302 Sa 10:30-11:30am

Fit in a Flash for Women

Age 35-65

Has your body thrown you a curveball that only women can understand? Maybe your workouts aren't having the same effect as they used to? Fit in a Flash is a total-body-strength workout that will boost your metabolism and increase your body strength.

12, 50 minute sessions TOH \$72/NR \$95

September 14-November 30

2278.401 T 5:30-6:20pm

September 16-December 9 (No class 11/25)

2278.402 Th 12:10-1pm

Shape Up for Women

Age 18 & up

Come shape up and get toned with our 60-minute workout just for women! Our female trainers know what it takes to tone a woman's body, so expect results. We'll combine cardio and strength exercises to get a complete workout with abs and stretching at the end.

24, 1 hour sessions TOH \$171/NR \$228

September 13-December 1

2278.603 M/W 11am-12pm

September 14-December 7 (No class 11/25)

2278.600 T/Th 7:30-8:30pm

12, 1 hour sessions TOH \$86/NR \$114

September 17-December 10 (No class 11/26)

2278.601 F 6:15-7:15am

September 11-December 11 (No class 11/27)

2278.602 Sa 7:30-8:30am

Small Group Training for Moms

Age 16 & up

We know it's hard to find time for your workouts. Join us for a quick but tough workout just for moms. The workout will focus on strength with bursts of cardio to get your heart pumping. Take 45 minutes for yourself and get energized for the day.

12, 45 minute sessions TOH \$65/NR \$86

September 15-December 1

2278.700 W 9-9:45am

September 11-December 11

(No class 10/9, 11/27)

2278.701 Sa 9-9:45am

FITNESS ROOM



Active at Any Age

Senior Circuit Age 45 & up

A great way to socialize and get a workout at the same time. A Certified Personal Trainer will lead the group through a total-body workout in the Fitness Room. All ages and abilities are welcome. Modifications will be made for individuals with any physical restrictions. 12, 45 minute sessions TOH \$53/NR \$71

September 13-November 29

2278.100 M 9:30-10:15am

2278.101 M 6:45-7:30pm

September 16-December 9 (no class 11/25)

2278.102 Th 9:30-10:15am

Balance Training

Age 45 & up

Avoiding falls becomes increasingly important as we age. Come improve your balance through core-strengthening and posture-awareness training. The key to balance is firm footing. Although it seems second nature, proper standing posture and gait are key to preventing falls. 24, 30 minute sessions TOH \$77/NR \$90

September 14-December 10 (no class 11/26)

2279.103 T/F 10-10:30am

For Men

Tough Enough for Men Age 18 & up

Take your workout to the next level. We promise you'll be pushed to your limits with this high-intensity strength workout. You'll be challenged by the strength training and we'll get your heart pumping with bursts of cardio and agility drills between exercises. 12, 1 hour sessions TOH \$86/NR \$114

September 15-December 1

2278.900 W 8-9pm

September 17-December 10 (no class 11/26)

2278.901 F 5:30-6:30pm

Youth Fitness

Youth Fitness Orientation Age 12-16

Ages 12-15 are required to hold a Youth Fitness Pass to use the Fitness Room. Once the youth is 16 years old, he/she does not have to carry a Youth Fitness Pass. Orientations teach proper use of the equipment, techniques and safety in the Fitness Room. You only need to successfully attend one session in order to obtain a Youth Fitness Pass. 1, 30 minute session

September 7-December 21

2245.100 T 6-6:30pm

Introduction to Weight Lifting

Age 12-16

Designed for adolescents who are interested in weight lifting. Learn basic exercises specific to body parts, weight lifting breathing techniques and how to track your own progress by recording your workouts. Students will earn a Youth Fitness Pass with successful completion of this course. 8, 45 minute sessions TOH \$37/NR \$46

September 16-November 4

2244.100 Th 6:30-7:15pm

Intro to Strength

and Conditioning Age 12-16

This course is designed to lay a foundation for athletic success. Students will learn proper approach to increase strength, power, speed and stamina. Students will also learn how balance, agility and coordination can help improve performance at any level, in any sport or competition.

Must have completed Introduction to Weight Lifting 8, 45 minute sessions TOH \$53/NR \$70

September 16-November 4

2244.200 Th 5:30-6:15pm

High Intensity Training (H.I.T.) for Teens

Age 15-18

If your teen is bored with the same old 3 sets of 15 repetitions, then he or she needs to check out H.I.T. for Teens.

This method of strength training focuses on brief-but-intense and efficient exercises. H.I.T. has a focus on strict form and proper technique to overload the muscles. 12, 45 minute sessions TOH \$90/NR \$120

September 13-November 29

2244.600 M 5:30-6:15pm

September 15-December 1

2244.601 W 7-7:45pm

Basketball/Swimming Preseason Athletic

Development Age 14-18

Are you on a basketball or swim team, or will you be trying out this year? Come get the workout you need to increase your strength, agility and speed, while decreasing your risk of injuries. This program will be limited to 8 athletes per session to ensure individual attention from our Certified Personal Trainers. Preseason requires a carefully planned program to ensure you peak during tryouts and are able to maintain during the season. 12, 45 minute sessions TOH \$90/NR \$120

Basketball

September 15-December 1

2244.400 W 5-5:45pm

September 17-December 10 (no class 11/26)

2244.401 F 4:30-5:15pm

Swimming

September 13-November 29

2244.402 M 4:30-5:15pm

Girls on the Go Age 12-18

Workouts just for teen girls! Get a total-body workout with a Certified Trainer leading the group through a fun and challenging circuit. Come make new friends while being active. 24, 45 minute sessions TOH \$153/NR \$204

September 14-December 7 (no class 11/25)

2244.300 T/Th 4:30-5:15pm

Fit Club for Kids Age 8-11

If your child is not participating in sports but enjoys being active, our Fit Club for Kids is just for him or her. Activities will promote teamwork, healthy lifestyles, confidence and most importantly fun! All children that participate will receive a Fit Club for Kids T-shirt. Fit Club for Kids will be held outside, but will move inside the Herndon Community Center if it rains. 8, 45 minute sessions TOH \$60/NR \$80

September 13-November 29

2244.500 M 4:30-5:15pm

20 Pound Challenge

Age 18 & up

We challenge you to lose 20 pounds in 12 weeks.

If you have 20 pounds or more to lose in order to reach a healthy weight (**Body Mass Index of 18.5-24.9**), this is your chance. With the expertise of a Nutritionist and a Certified Trainer, we'll show you the way. By enrolling and successfully completing the program, you'll earn two free 30-minute personal training sessions! This program requires a commitment to two meetings per week with the group, as well as work on your own. If you're serious about making healthy decisions and living a healthy lifestyle, then the 20 Pound Challenge is for you. You'll receive a fitness and nutrition log to track your progress. Our nutritionist will give you the tools you need for success at each Tuesday meeting held in the Preschool Room. There will be a grocery store visit for the second nutrition meeting. Thursday's fitness classes will be a variety of activities; some of which will teach you workouts you can do at home without equipment.

24, 1 hour meetings TOH \$180/ NR \$240

September 14-December 7 (no class 11/25)

2274.800 T/Th 6:30-7:30pm



NATURE

All nature programs, unless otherwise indicated, meet at Runnymede Park (off Herndon Parkway). Meet at the kiosk next to the parking lot. Please wear long pants and sturdy shoes to all programs and dress appropriately for the weather. For all outdoor nature programs, anyone under 8 must bring an adult with them—no siblings please, unless they are registered also. Please be on time as all programs start promptly.

Runnymede Park

The park is open from dawn-dusk. The park offers excellent opportunities for hiking, bird-watching, nature study and picnicking. Remember, all pets must remain on a leash, and please pick up after your pet!

You can schedule activities in Runnymede Park for ...

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

Call the Town Community Forester at **703-435-6800 x2014**.

Picnic shelters are available for rental, call **703-787-7300**.

Little Nature Inspector Age 4-6

The Little Nature Inspector program is a “hands-on” approach to teaching environmental education to young children. Designed to increase the child’s imagination, curiosity and exposure to our natural world—each class includes child-safe experiments, park exploration, and plenty of “take homes” to reinforce our lesson. All programs will be held at Runnymede Park unless otherwise noted. Parents can wait at the picnic area or the Old Carroll Cabin during class. Feel free to register for all sessions.

Pond Life, Animal Homes, Autumn

3, 1 hour sessions TOH \$44/NR \$44
September 15, 22, 29
2363.001 W 4-5pm

Spiders and Bugs, Reptiles, Bats

3, 1 hour sessions TOH \$44/NR \$44
October 6, 13, 20
2363.002 W 4-5pm

Predators and Prey, Owls, Hibernation

3, 1 hour sessions TOH \$44/NR \$44
November 3, 10, 17*
2363.003 W 4-5pm
*Meet at Herndon Community Center

Winter Tracks, Winter Trees, Snow & Weather

3, 1 hour sessions TOH \$44/NR \$44
December 1, 8, 15*
2363.004 W 4-5pm
* Meet at Herndon Community Center

Healing Oils Age 16 & up

There are at least 33 different essential oils or aromatic oil-producing plants. Come sample the aromas, discover what they are, and learn how they have been used in times past and present.

1, 2 hour session TOH \$25/NR \$25
September 15
2364.003 W 7-9pm

Natural Remedies of Arabia

Master Herbalist Donna Evans will present her research on the herbs and spices of the Arabian Peninsula and the “top ten herbs” which you may wish to have in your home. Donna lived in the Middle East for more than ten years and has conducted research on natural health solutions in the Arabia Peninsula. She is a co-author of *Natural Remedies of Arabia*.

1, 2 hour session TOH \$25/NR \$25
November 17
2365.004 W 7-9pm

Terrific Turtles and

Sassy Snakes Age 4-14

Explore the world of these awesome reptiles. We will learn what makes them so unique, take a nature walk to safely observe any we may see in the park, and then create our own turtle shell and snake bracelet to wear home. Please wear sturdy shoes and meet at the picnic shelter.

1, 2 hour session TOH \$9/NR \$9
September 12
2360.603 Su 10am-12pm

Autumn Nature Walk

and Craft All ages

As nature prepares to slow down for the upcoming cold months, we will explore how our local animals and plants prepare for winter. After a

discovery walk through Runnymede Park, we will make some fall crafts to take home. Please meet at the picnic shelter and wear sturdy shoes.

1, 2 hour session TOH \$9/NR \$9
October 9
2360.604 Sa 10am-12pm

Leave It to Beavers! All ages

Beavers are nature’s architects. Staff will lead a hike to view the handiwork of these amazing creatures, and learn about the special adaptations that allow them to live and work in their watery habitat. Discover tracks and signs, and explore how the beavers’ presence affects Runnymede Park’s ecosystem. Learn about the important role of beavers in American history.

1, 90 minute session TOH \$7/NR \$7
October 2
2361.006 Sa 10-11:30am

Making Tracks Along Sugarland Run All ages

Come out and join us as we explore the park along Sugarland Run for tracks, scat and other signs of wildlife. Learn to identify native wildlife by its tracks. Select an animal track that you like, and make a plaster cast to take home as a memento.

1, 90 minute session TOH \$7/NR \$7
October 16
2361.013 Sa 10-11:30am

NatureFest 2010

Connecting to Nature Sunday, September 19, 1-5pm Runnymede Park

Come to Runnymede Park and celebrate nature! Explore various nature stations throughout the park, including birding, weather, butterflies, bees, native plants, web of life, streams and watersheds, forest habitat, life in the stream, Herndon farm life, life in the meadow, rain gardens and rain barrels, the three R’s—reduce, reuse and recycle, and much, much more! Investigate live animals, crafts and fun for the whole family!

This event is FREE!

Call if you or your group would like to volunteer (**703-435-6800 x2109**).

Satellite parking with a passenger van shuttle will be available to and from the Northwest Federal Credit Union at 220 Spring St. with stops at the park.

TENNIS

Outdoor

Adult and youth tennis lessons are organized under the National Tennis Rating Program (NTRP). Refer to the NTRP rating categories listed on page 21 before registering for classes.

Completion of a session does not automatically qualify the student to advance to the next level of classes. Please consult your instructor before registering for classes. The HPRD tennis program reserves the right to dismiss a student from a class if they are below the skill level, based on the NTRP ratings, necessary to complete the class. *Students must provide their own racquet, two new cans of tennis balls, and may wear athletic footwear, only.*

Youth

Outdoor Pee Wee Tennis Age 4-5

Our innovative program provides the necessary essentials for even the youngest tennis players.

8, 30 minute sessions TOH \$47/NR \$63

September 7-September 30

2711.506 T/Th 4-4:30pm

2711.508 T/Th 4:30-5pm

Youth Beginner Age 6-8 (1.0-1.5)

8, 45 minute sessions TOH \$64/NR \$85

September 8-October 4

2721.509 M/W 5-5:45pm

September 11-October 30

2721.510 Sa 9-9:45am

September 7-September 30

2721.551 T/Th 5-5:45pm

Advanced Beginner Age 6-8 (2.0-2.5)

8, 45 minute sessions TOH \$64/NR \$85

September 8-October 4

2721.552 M/W 5-5:45pm

September 11-October 30

2721.553 Sa 9-9:45am

September 7-September 30

2721.514 T/Th 5-5:45pm

Youth Beginner Age 9-15 (1.0-1.5)

8, 1 hour sessions TOH \$64/NR \$85

September 7-September 30

2721.515 T/Th 6-7pm

September 11-October 30

2721.516 Sa 10-11am

Advanced Beginner Age 9-15 (2.0-2.5)

8, 1 hour sessions TOH \$64/NR \$85

September 8-October 4

2731.517 M/W 6-7pm

September 7-September 30

2731.518 T/Th 7-8pm



Intermediate Age 9-15 (3.0-3.5)

8, 1 hour sessions TOH \$64/NR \$85

September 8-October 4

2731.519 M/W 7-8pm

September 11-October 30

2731.520 Sa 11am-12pm

Intermediate & Advanced

Drills & Strategy Age 9-15 (3.5-4.5)

8, 1 hour sessions TOH \$64/NR \$85

September 11-October 30

2731.521 Sa 12-1pm

Adult Beginner Age 16 & up (1.0-1.5)

8, 1 hour sessions TOH \$64/NR \$85

September 8-October 4

2741.522 M/W 6-7pm

September 11-October 30

2741.523 Sa 9-10am

Advanced Beginner (2.0-2.5)

8, 1 hour sessions TOH \$64/NR \$85

September 8-October 4

2741.524 M/W 7-8pm

September 11-October 30

2741.525 Sa 10-11am

Intermediate Drills

& Strategy (3.0-3.5)

8, 1 hour sessions TOH \$64/NR \$85

September 8-October 4

2741.526 M/W 8-9pm

September 11-October 30

2741.527 Sa 11am-12pm

Doubles Play and Strategy (All levels)

Come with a partner or be paired with one during sessions. These classes will help to develop your skills while also teaching you how to play as a team. Men's, women's and mixed doubles players are welcome.

8, 1 hour sessions TOH \$64/NR \$85

September 8-October 4

2741.528 M/W 10-11am

Fit & Over 50 Tennis

Age 50 & up (All levels)

Stay feeling young and keep your body in shape by taking part in our senior tennis program. Beginners through seasoned players are welcome. Players are grouped according to skill.

8, 1 hour sessions TOH \$64/NR \$85

September 8-October 4

2751.530 M/W 9-10am

Bready Park Indoor Tennis

Monday-Friday: 6:30am-10:30pm

Saturday: 9am-10:30pm

Sunday: 8am-10pm

Open September 27, 2010-April 17, 2011

Court cost per hour	Contract Time	Random Time*
<i>Prime Time (after 5pm Mon-Fri; Sat & Sun all day):</i>		
Adult TOH Resident	\$24	\$28
Adult Non-Resident	\$32	\$36
<i>Non-Prime Time (before 5pm weekdays):</i>		
Adult TOH Resident	\$20	\$22
Adult Non-Resident	\$28	\$30
Youth/Senior TOH	\$18	\$20
Youth/ Senior Non-Resident	\$22	\$24

*Reservations for random time may be made seven days in advance.

ID required for Town of Herndon Resident rates.

Cancellation Policy:

A) No charge if reservation cancelled 48 hours before scheduled play time.
B) Full court fee charged if cancelled less than 48 hours before scheduled play time.
C) All no-shows will be responsible for full court fee.

No Classes November 22-27 and December 20-January 1

Flights

Call Bob Hilferty 703-435-6800 x2110

Men's Doubles (3.0-4.0 NTRP)

Cost is per player for 27 weeks

September 28-April 12 TOH \$395/NR \$495

2743.112 T 8:30-10:30pm

Women's Doubles (2.5-3.5 NTRP)

Cost is per player for 26 weeks

September 29-April 13 TOH \$325/NR \$400

2743.115 W 9-11am

Inclement Weather Policy: Decision on outdoor tennis classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions.

Singles Tournaments for Boys

Ages 11-13 Round Robin format

\$35 per player

November 26-28

2751.401 F-Su 9am-2pm

Must enroll by November 19

Ages 13-15 Round Robin format

\$35 per player

December 27-29

2751.402 M-W 9am-2pm

Must enroll by December 17

More information, call 703-435-6800 x2110

EARLY BIRD TENNIS



September 27-April 15 • Weekdays 6:30-9am
\$425 per player-Unlimited Play
(scheduling may be necessary)
Call 703-435-6800 x2110

Indoor

Pee Wee Age 4-5

Beginning tennis fundamentals. Pee Wee should come with own tennis racquet (can be purchased at local discount store in sporting section).
5, 30 minute sessions TOH \$25/NR \$30

October 4-November 1

2711.115 M 4-4:30pm
2711.116 M 4:30-5pm

November 8-December 13

2711.125 M 4-4:30pm
2711.126 M 4:30-5pm

October 7-November 4

2711.117 Th 4-4:30pm
2711.118 Th 4:30-5pm

November 11-December 16

2711.127 Th 4-4:30pm
2711.128 Th 4:30-5pm

Youth

All students must provide their own racquet and wear tennis shoes.

Class ratio will not exceed 7 students to 1 instructor.

All Beginner classes will emphasize tennis fundamentals.

Please do not enroll in an "advanced" class without having completed 4 full sessions of "beginner" classes or an instructor's approval.

Beginner Age 6-8

5, 1 hour sessions TOH \$50/NR \$60

October 6-November 3

2721.111 W 4-5pm
2721.112 W 5-6pm

October 7-November 4

2721.113 Th 5-6pm

October 9-November 6

2721.114 Sa 9-10am

November 10-December 15

2721.121 W 4-5pm
2721.122 W 5-6pm

November 11-December 16

2721.123 Th 5-6pm

November 13-December 18

2721.124 Sa 9-10am

Advanced Beginner Age 6-8

5, 1 hour sessions TOH \$50/NR \$60

October 9-November 6

2721.232 Sa 9-10am

November 13-December 18

2721.242 Sa 9-10am

Beginner Age 9-11

5, 1 hour sessions TOH \$50/NR \$60

October 9-November 6

2721.212 Sa 10-11am

November 13-December 18

2721.222 Sa 10-11am

Advanced Beginner Age 9-11

5, 1 hour sessions TOH \$50/NR \$60

October 4-November 1

2721.411 M 5-6pm

October 5-November 2

2721.412 T 4-5pm

October 9-November 6

2721.413 Sa 10-11am

November 8-December 13

2721.421 M 5-6pm

November 9-December 14

2721.422 T 4-5pm

November 13-December 18

2721.423 Sa 10-11am

Beginner Age 12-15

5, 1 hour sessions TOH \$50/NR \$60

October 9-November 6

2721.311 Sa 11am-12pm

November 13-December 18

2721.321 Sa 11am-12pm

Advanced Beginner Age 12-15

5, 1 hour sessions TOH \$50/NR \$60

October 5-November 2

2721.511 T 5-6pm

October 8-November 5

2721.512 F 4-5pm

October 9-November 6

2721.513 Sa 12-1pm

November 9-December 14

2721.521 T 5-6pm

November 12-December 17

2721.522 F 4-5pm

November 13-December 18

2721.523 Sa 12-1pm

Intermediate Age 12-15

Must have approval of tennis manager (call 703-435-6800 x2110).

Tryouts will be held Saturdays on September 11 and 18 at Bready Park, starting at 9am.

All students who were enrolled in the indoor class (not outdoors) from last season may enroll without a tryout.

5, 1 hour sessions TOH \$50/NR \$60

October 8-November 5

2721.611 F 5-6pm

October 9-November 6

2721.612 Sa 12-1pm

November 12-December 17

2721.621 F 5-6pm

November 13-December 18

2721.622 Sa 12-1pm

Advanced Age 13-15

Must have approval of tennis manager (call 703-435-6800 x2110).

Tryouts will be held Saturdays on September 11 and 18 at Bready Park, starting at 9am.

All students who were enrolled in the indoor class (not outdoors) from last season may enroll without a tryout.

5, 1 hour sessions TOH \$50/NR \$60

TENNIS

October 9-November 6

2731.711 Sa 1-2pm

November 13-December 18

2731.721 Sa 1-2pm

Adult Age 16 & up

Beginner (NTRP 1.0-1.5)

5, 1 hour sessions TOH \$60/NR \$75

October 9-November 6

2741.112 Sa 9-10am

November 13-December 18

2741.122 Sa 9-10am

Advanced Beginner (NTRP 2.0-2.5)

Beginner must have had at least 4 full sessions of beginner lessons or instructor's approval.

5, 1 hour sessions TOH \$60/NR \$75

October 4-November 1

2741.212 M 9-10am

October 8-November 5

2741.213 F 9-10am

October 9-November 6

2741.214 Sa 10-11am

November 8-December 13

2741.222 M 9-10am

November 12-December 17

2741.223 F 9-10am

November 13-December 18

2741.224 Sa 10-11am

Intermediate (NTRP 3.0-3.5)

Must have approval of tennis instructor or intermediate playing skills to register.

5, 1 hour sessions TOH \$60/NR \$75

October 9-November 6

2741.313 Sa 11am-12pm

November 13-December 18

2741.323 Sa 11am-12pm

Advanced (NTRP 3.5-4.0)

Must have approval of tennis instructor or advanced playing skills to register.

5, 1 hour sessions TOH \$60/NR \$75

October 9-November 6

2741.411 Sa 12-1pm

November 13-December 18

2741.421 Sa 12-1pm

Special Doubles for Adults/Seniors

Age 50 & up No online registration.

5, 1.5 hour sessions
60 & over \$36
under 60 \$39

October 4-November 1

2751.111 M 12-1:30pm

October 7-November 4

2751.112 Th 12-1:30pm

November 8-December 13

2751.221 M 12-1:30pm

November 11-December 16

2751.222 Th 12-1:30pm

TENNIS & SPORTS



NTRP Ratings

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

1.0-1.5 Beginner

Just starting to play tennis. Working primarily on getting the ball over the net. Instruction and practice is focused on proper stroke technique.

2.0-2.5 Advanced Beginner

Has the ability to hit balls that require no movement to get into position. Player is learning to judge the bounce of the ball and to move into position to hit the ball. Still attempting to use proper techniques during rallies. Instruction and practice is focused on proper stroke technique while moving to the ball and hitting balls at different pace, height, and depth.

3.0-3.5 Intermediate

Uses accepted technique for ground strokes and serves. Has the ability to hit balls that require movement and positioning. Player is fairly consistent when hitting medium paces shots but is not comfortable with all strokes and lacks execution when trying for direction, depth, and power. Player must be able to sustain a rally with ground strokes and volleys. Class is comprised of drills with incidental instruction to correct problems or improve power and depth of shots. Part of the class is devoted to doubles strategy and practice.

4.0-4.5 Advanced

This player has dependable strokes including directional control and depth in both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots, and volleys with some success. This player occasionally forces errors when serving. Rallies may be lost due to impatience. Teamwork in doubles is evident. Class is comprised of drills with incidental instruction to correct problems or improve power and depth of shots. Part of the class is devoted to doubles strategy and play.

FALL 2010 OPEN GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-10am Adult Basketball	11:30am-2:30pm Adult Basketball	11:30am-2:30pm Adult Basketball	11:30am-2:30pm Adult Basketball	11:30am-2:30pm Adult Basketball	11:30am-2:30pm Adult Basketball	8-11am Badminton
11:30am-1:30pm 1/2 Youth Basketball	2:45-5:15pm Teen Open Gym	2:45-4:30pm Teen Open Gym	2:45-5:15pm Teen Open Gym	2:45-5:15pm Teen Open Gym	2:45-5:30pm Teen Open Gym	1:30-5pm 1/2 Youth Basketball
2-6pm Adult Volleyball	8:30-10pm Adult Basketball	7:15-10pm Badminton	8:30-10pm Adult Volleyball	7:15-10pm Badminton	6:15-10pm* 1/2 Adult Basketball & 1/2 Adult Volleyball	12-5pm Adult Basketball
Youth = 17 years & under. Subject to change. Check monthly schedule.						

Herndon Rattlers Coed

Wrestling Program Age 5-14

Rattlers' wrestling is a way to introduce youngsters to the great sport of wrestling, and to prepare them for high school wrestling. While learning basic wrestling skills, kids will participate in drills and games that will improve their balance and coordination. Wrestling can increase strength, agility, speed and mental toughness. In addition, it is one of the best cross-training sports for football, soccer and lacrosse. Kids will be paired with classmates of similar size, age and ability. Any "body" can wrestle — short, tall, skinny or husky. Once registered, you will be notified of first practice date.

Registration deadline: December 4, 2010

*AAU registration fee NOT included (approximately \$12). Each wrestler must register separately for the AAU to participate.

2723.003 TOH \$70/NR \$70;
(\$60 for second child and \$55 for third in family)

Includes National Virginia Wrestling Federation fee, T-shirt, uniforms and awards. Will begin practices in mid-October, twice weekly, 6-8pm, Sa; and 10am-12pm (weekday TBD) at Herndon High School Wrestling Room. Tournaments select weekends from December-February.

Call **703-435-6800 x2106** for more info.

Racquetball League

Have fun, get in shape and meet new playing partners. Players are provided a weekly schedule to arrange matches with opponents at their mutual convenience. The season consists of ten

games in an eight-week regular season. Playoffs will follow the regular season. Scores must be reported to avoid a forfeit.

Divisions:

2743.000 – Beginner

2743.001 – Intermediate

2743.002 – Advanced

Awards to top two finishers in each division.

Court fees are included in registration fee for league play only. Players receive a punch card to be used during the season. TOH \$48/NR \$64

Registration deadline:

Friday, September 17

First week of play begins:

Sunday, September 26

First two weeks of play will be round robin to determine skill level of each player.

League director reserves the right to combine divisions, if necessary.

For more information, please call
703-435-6800 x2109.

Winter Break

Basketball Tournament

Stay warm and active this winter break by signing up your 5th-6th or 7th-8th graders for boys basketball. There will be one tournament for travel teams. Games will be held in the afternoon and evenings, the week of December 27-30. Registration will begin August 18. The registration fee per team is \$125. More info and registration forms will be available at www.herndon-va.gov. Call **703-435-6800 x2109** for details.
2566.010

MARTIAL ARTS



Introduction to Mixed Martial Arts Age 18 & up

Come and try the newest craze in sports. Organized through Sterner's Martial Arts of Herndon and led by MMA Team Head Coach, Mr. Paul Sitcharing, learn the basics of striking, ground submission and takedowns in this beginner program. 12, 1 hour sessions TOH \$94/NR \$126

September 13-November 29

2268.300 M 8:10-9:10pm

Tae Kwon Do for Little Kids

Age 3-6

In this child-friendly class, we teach children the basics of Tae Kwon Do, which includes kicking, punching, self-defense, balance, discipline, focus, respect and group interaction. Build a child's self-esteem and physical conditioning. Instruction provided by certified instructors under supervision of Hall of Fame Inductee, Master Adam Sterner of Sterner's Tae Kwon Do Academy in Herndon. Uniforms are required and may be purchased at the first class for \$38. Optional belt testing will be available at the end of the session for an additional fee.

12, 30 minute sessions TOH \$54/NR \$72

September 14-December 7

2227.301 T 4:45-5:15pm

September 17-December 10

2227.302 F 6:30-7pm

Fencing Age 9 & up

The sport of fencing is suitable to all ages and is taught by Takashi Iwasawa, a four-year varsity fencer at Harvard University. Class will utilize dry equipment; style is foil fencing. Equipment is provided.

11, 2 hour sessions TOH \$101/NR \$135

September 12-December 19 (no class 10/24)

2764.300 Su 4-6pm

Shotokan Karate Age 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata) and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light, comfortable "workout" clothes. An optional test for rank will be given at the end of the session for an additional fee.

12, 1 hour sessions TOH \$72/NR \$96

September 17-December 10

2768.302 F 7:05-8:05pm

Intro to Tae Kwon Do Age 7-14

One of the world's most popular martial arts, its many physical benefits are: strength, aerobics, flexibility, agility; and mental benefits: enhanced focus, confidence, discipline and respect. TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker's movements against him). Instruction provided through H. K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

12, 1 hour sessions TOH \$72/NR \$96

September 15-December 1

2228.303 W 6-7pm

Kendo Level 1 Age 13 & up

Kendo, the art of Japanese fencing. Bringing the tradition of kendo training to the modern world. Kendo strives to bring one's mind, body and spirit together as one. Class emphasizes a strong understanding of Kendo basics, including etiquette, foot work and basic strikes.

12, 1 hour sessions TOH \$40/NR \$50

September 12-December 19

2268.304 Su 10:30-11:30am

Kendo Level 2 Age 13 & up

Designed for students who have completed Level 1. This class will expand on knowledge learned during Level 1 and incorporate more advanced techniques and workouts.

12, 1 hour sessions TOH \$40/NR \$50

September 12-December 19

2268.305 Su 11:45am-12:45pm

Kendo Advanced Age 13 & up

Geared towards Kendoka that have completed Kendo I and II, Kendo Advanced teaches techniques for use in shinsa and shia. This class has students of all ages and levels.

Approval from the Instructor is required; full bogu required for advanced practicing

12, 1.5 hour sessions TOH \$48/NR \$60

September 17-December 10

2268.306 F 8:15-9:45pm



No Classes October 9-10, November 2, 25-28 and December 5

Gymside Walkers

Walking can add years to your life and life to your years. Come in and walk, no matter what the weather, you can still get a workout. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first-time walkers must register.

**Monday-Friday
7-9am**



BASKETBALL

season is right around the corner. Get excited and get ready for our Adult Basketball League. Check out our winter brochure for more information. Registration will begin mid-December; play begins mid-January. Fee is \$650/per team.

DANCE



Ballet

Learn the basics of ballet along with beginning theory. Goals include proper posture and the learned choreography of a dance performance for the last day of class, to be held for parents and friends. Ballet slippers required.

Baby Ballerinas Age 2-3

An exciting dance class for the little ones! This class will teach basic ballet positions. Leotards, tights and ballet slippers are required.

12, 45 minute sessions TOH \$82/NR \$109

September 13-December 6

2441.001 M 10-10:45am

September 15-December 1

2441.002 W 10-10:45am

September 11-December 11

2441.005 Sa 9:30-10:15am

**No Classes October 9-10
November 25-28**



Beginner Age 3-5

No experience needed

12, 45 minute sessions TOH \$82/NR \$109

September 11-December 11

2441.006 Sa 10:15-11am

September 13-November 29

2441.007 M 10:45-11:30am

September 14-November 30

2441.008 T 10-10:45am

Beginning/Intermediate Age 3-5

12, 45 minute sessions TOH \$82/NR \$109

September 14-November 30

2441.010 T 10:45-11:30am

Intermediate Age 3-5

1 session/9 months experience required

12, 45 minute sessions TOH \$82/NR \$109

September 13-November 29

2441.012 M 11:30am-12:15pm

September 11-December 11

2441.013 Sa 11-11:45am

Advanced Age 4-6

12, 45 minute sessions TOH \$82/NR \$109

September 11-December 11

2441.046 Sa 11:45am-12:30pm

Ballet Technique Age 6-10

12, 1 hour sessions TOH \$82/NR \$109

September 13-November 29

2441.014 M 2:30-3:30pm

Ballet/Tap/Jazz Age 7-12

2 sessions experience needed

12, 1.5 hour sessions TOH \$126/NR \$168

September 11-December 11

2441.017 Sa 2:30-4pm

Happy Feet Tap Age 5-8

No experience needed

Learn basic tap technique with inspiration from a popular movie. Choreography to the song, "Dance Like a Penguin: Stomp to the Beat" from the movie "Happy Feet" will be learned and performed at the end of the session.

Tap shoes required

12, 1 hour sessions TOH \$82/NR \$109

September 14-November 30

2441.018 T 5:30-6:30pm

Combination Dance

The goal of the class is to offer the student experience in tap, ballet, and tumbling technique through a series of classes that promote a dancer's basic training in both athletic and fluid movement.

Beginner Age 3-5

No experience needed

12, 1 hour sessions TOH \$82/NR \$109

September 13-November 29

2441.019 M 12:15-1:15pm

September 14-November 30

2441.020 T 11:30am-12:30pm

September 15-December 1

2441.021 W 11am-12pm

September 11-December 11

2441.022 Sa 12:30-1:30pm

Beginner Age 4-6

No experience needed

12, 1 hour sessions TOH \$82/NR \$109

September 14-November 30

2441.023 T 4:30-5:30pm

Intermediate/Advanced Age 4-6

2 sessions experience needed

12, 1 hour sessions TOH \$82/NR \$109

September 13-November 29

2441.024 M 1:15-2:15pm

September 14-November 30

2441.025 T 12:30-1:30pm

September 16-December 9

2441.045 Th 5:30-6:30pm

Intermediate/Advanced Age 5-8

1 session experience needed

12, 1 hour sessions TOH \$82/NR \$109

September 11-December 11

2441.026 Sa 1:30-2:30pm

Intermediate/Advanced Age 6-10

September 13-November 29

2441.049 M 3:30-4:30pm

Hip-Hop Dance

Emphasizes energy and incorporates basic jazz steps with a modern style.

Jazz shoes required

Beginner Age 4-5

No experience needed

12, 1 hour sessions TOH \$82/NR \$109

September 16-December 9

2441.044 Th 4:30-5:30pm

Beginner Age 6-10

No experience needed

12, 1 hour sessions TOH \$82/NR \$109

September 13-November 29

2441.027 M 4:30-5:30pm

Beginner Age 7-12

No experience needed

12, 1 hour sessions TOH \$82/NR \$109

September 15-December 1

2441.028 W 4:30-5:30pm

Intermediate/Advanced Age 7-12

1 session experience needed

12, 1 hour sessions TOH \$82/NR \$109

September 15-December 1

2441.029 W 5:30-6:30pm

Intermediate Age 7-12

1 session/6 months experience needed

12, 1 hour sessions TOH \$82/NR \$109

September 11-December 11

2441.030 Sa 4-5pm

Adult Dance

Ballet Technique Age 16 & up

Ballet class includes barre work and floor combinations. Men and women of all ages are welcomed and encouraged.

Required class attire: leg covering (tights, leggings or sweat pants), a leotard or close-fitting T-shirt, ballet slippers or soft shoes, and hair confined. (All levels)

12, 1.5 hour sessions TOH \$126/NR \$168

September 14-November 30

2441.031 T 6:30-8pm

September 16-December 9

2441.032 Th 6:30-8pm

12, 1 hour sessions TOH \$82/NR \$109

September 17-December 10

2441.055 F 10-11am



DANCE/ GYMNASTICS

Salsa Age 16 & up

No experience needed

12, 1 hour sessions TOH \$82/NR \$109

September 14-November 30

2441.034 T 8-9pm

Latin Dance Age 16 & up

Cha-Cha, Rumba, Tango and Salsa are covered in this class.

No experience needed

12, 1 hour sessions TOH \$82/NR \$109

September 16-December 9

2441.037 Th 8-9pm

Swing Dance Age 16 & up

Learn to jump, jive and wail by learning the triple swing, single swing and West Coast swing.

No experience needed

12, 1 hour sessions TOH \$82/NR \$109

September 15-December 1

2441.039 W 7-8pm

Waltz and FoxTrot Age 16 & up

The most classic of social dances.

No experience needed

12, 1 hour sessions TOH \$82/NR \$109

September 15-December 1

2441.042 W 8-9pm

Belly Dance Age 16 & up

A fun, low-impact, cardiovascular workout! It works particularly on the torso, promoting abdominal strength, all-over flexibility, proper alignment and great body posture. Participants are asked to wear comfortable clothing, bring a scarf or belt long enough to tie around the hips, and a piece of lightweight fabric measuring 3 yards by 45 inches.

Belly 1

No experience needed

12, 1 hour sessions TOH \$82/NR \$109

September 13-November 29

2441.040 M 6-7pm

Belly 2

12 weeks of experience required

12, 1 hour sessions TOH \$82/NR \$109

September 13-November 29

2441.041 M 7-8pm

Dancercise Age 16 & up

Do you have feet and knee problems and need a low-impact cardio workout? If you enjoy dancing and music, this class has been designed for you. Easy, fun dance steps using a variety of styles to give you a moderate-intensity, low-impact workout. Starting

with a warm-up and ending with a cool-down that will focus on stretching.

12, 1 hour sessions TOH \$82/NR \$109

September 15-December 1

2441.016 W 12-1pm

Storybook Dance Camp

The Nutcracker Ballet Age 6-8

This intensified camp for the young dancer will provide technique training and fun projects through the beloved ballet *The Nutcracker*. This three-hour multi-arts camp will provide dance, crafts and story time for your little sugar plum.

5, 3 hour sessions TOH \$105/NR \$140

December 20-December 24

2441.017 M-F 9am-12pm

The Dancing Princess Age 5-6

Learn the fundamentals of ballet, based around the Disney Princesses, Princess Odette of *Swan Lake* and Clair from *The Nutcracker*. Your little princess will have fun in this multi-arts express camp through dance, story and crafts.

5, 3 hour sessions TOH \$105/NR \$140

December 27-December 31

2441.018 M-F 9am-12pm

Preschool Gymnastics

A well-rounded developmental program especially designed for young children. Children will have the opportunity to participate in gymnastics, music, games, stretching exercises, ball fun and much more, all in a fun and safe environment.

**No Classes October 9-10
& November 25-27**

Parent-Child Age 2-3

Parent-Child class is an enjoyable physical, mental and social experience for your child, centered on age-appropriate movements, games and equipment. Participation will enhance your toddler's body awareness, make them more confident with movement, and is also a great way for you and your child to meet new friends.

12, 45 minute sessions TOH \$72/NR \$96

September 13-November 29

2712.400 M 9:30-10:15am

September 14-November 30

2712.401 T 9:30-10:15am

September 16-December 9

2712.402 Th 9:30-10:15am

September 17-December 10

2712.403 F 9:30-10:15am

September 11-December 11

2712.404 Sa 9-9:45am

Munchkateers

A coed movement program combining fitness, elementary gymnastics, rhythm and games. Program will assist in developing your child's motor coordination, strength and flexibility. All classes are structured, and children should be ready for group instruction.

Munchkateers I Age 3-4

12, 45 minute sessions TOH \$72/NR \$96

September 13-November 29

2712.405 M 10:30-11:15am

September 14-November 30

2712.406 T 11:30am-12:15pm

September 15-December 1

2712.407 W 12-12:45pm

September 16-December 9

2712.408 Th 10:30-11:15am

September 17-December 10

2712.409 F 10:30-11:15am

September 11-December 11

2712.410 Sa 10-10:45am

Munchkateers II Age 4-6

12, 45 minute sessions TOH \$72/NR \$96

September 13-November 29

2712.411 M 11:30am-12:15pm

September 14-November 30

2712.412 T 10:30-11:15am

September 15-December 1

2712.413 W 1-1:45pm

September 16-December 9

2712.414 Th 11:30am-12:15pm

September 17-December 10

2712.415 F 11:30am-12:15pm

September 11-December 11

2712.416 Sa 11-11:45am

Adapted Gymnastics Age 4-7

Children with disabilities learn basic gymnastics, fitness, movement and games in a safe environment through music, obstacle fun and fitness activities. Participation will enhance movement, balance, coordination and socialization. This class provides safe instruction and builds confidence. Child must be ready to separate from parent during class.

Continued on the following page.

GYMNASTICS



12, 30 minute sessions TOH \$36/NR \$48

September 16-December 9

2722.417 Th 12:30-1pm

September 11-December 11

2722.418 Sa 11-11:30am

Young Beginners Age 5-6

Designed as a transition program to the school-age gymnastics program. Class will focus on body positions, skill development and skill recognition.

12, 45 minute sessions TOH \$72/NR \$96

September 13-November 29

2722.419 M 12:30-1:15pm

2722.420 M 1:30-2:15pm

2722.421 M 2:30-3:15pm

September 14-November 30

2722.422 T 3:15-4pm

2722.423 T 4:15-5pm

September 15-December 1

2722.424 W 2:15-3pm

2722.425 W 3:15-4pm

2722.426 W 4:15-5pm

September 16-December 9

2722.427 Th 1:15-2pm

2722.428 Th 2:15-3pm

2722.429 Th 3:15-4pm

September 11-December 11

2722.430 Sa 12-12:45pm

School Age Gymnastics

The school-age program includes instruction in floor exercise, balance beam, uneven bars and vaulting. Participants learn the fundamental progressions and are introduced to basic skills on each event. Participants are grouped by age and ability. Advancement is based on obtaining the required skill and form. Levels can be repeated, if necessary, to acquire the skills to advance. Instructors reserve the right to suggest appropriate level based on skill reviews.

Levels of Gymnastics

Level One: No experience necessary. Students may need to repeat several times before advancing to next level.

Level Two: Must have previous experience with Level One.

Advancement is based on form and obtaining the required skill per level.

Gymnastics for Girls

Age 6 & up

Level I

12, 1.5 hour sessions TOH \$81/NR \$108

September 13-November 29

2722.431 M 3:30-5pm

September 14-November 30

2722.432 T 5-6:30pm

September 16-December 9

2722.433 Th 4:15-5:45pm

September 11-December 11

2722.434 Sa 1-2:30pm

Level II

12, 1.5 hour sessions TOH \$81/NR \$108

September 13-November 29

2722.435 M 3:30-5pm

September 15-November 30

2722.436 T 5-6:30pm

September 16-December 9

2722.437 Th 4:15-5:45pm

September 11-December 11

2722.438 Sa 1-2:30pm

Gymnastics for Boys

Level I Age 5-7

12, 45 minute sessions TOH \$72/NR \$96

September 13-November 29

2722.439 M 2:30-3:15pm

September 14-November 30

2722.440 T 4:15-5pm

Acro/Gymnastic Camp

Age 6-12

Learn the techniques of jazz, hip-hop and tumbling choreographed together to upbeat music. An opportunity to participate in floor exercise, bars, balance beam, vault, dance, swimming (optional), arts and crafts, and games. Qualified staff and small instructor-student ratio provide individualized and quality instruction. Each day, bring a bathing suit, towel, lunch, snack and an old, large T-shirt for crafts.

5, 5 hour sessions TOH \$90/NR \$120

December 27-30

2722.441 M-Th 9am-2pm

Preschool Gymnastics Camp Age 3-5

This innovative movement program for children combines fitness, elementary gymnastics, rhythm and games. The program develops your child's large motor coordination skills, strength, flexibility and imagination. Children should be ready for group instruction.

3, 2 hour sessions

TOH \$38/NR \$50

December 6-8

2722.442 M/T/W

9-11am

2722.443 M/T/W

12-2pm

3, 2 hour sessions

TOH \$23/NR \$30

December 21-23

2722.444 T-Th

9-11am

2722.445 T-Th

12-2pm

Gymnastics Skill Development

Age 5-12

This is the opportunity to work on those skills that need refining, or just come have fun and work out on the gymnastic equipment.

September 17-December 17

TOH \$7/NR \$7

\$66 Fall season pass

2722.446 F

4-6pm

Students must be currently enrolled in a gymnastics program at HCC. Gymnastics team members \$4/visit.

Developmental ^{NOL} Gymnastics Team

The Developmental class is for students who desire a more disciplined program than our other classes offer. This program is to prepare students for a USGA Level 4 competitive gymnastic program and will concentrate on skills required by the USGA Level 4 program. Classes will meet two times a week and will incorporate a stronger emphasis on strength conditioning, flexibility, form, and skill development and improvement. Enrollment in this class is by permission of instructor only. Evaluations are Tuesday, August 24 at 3:30pm.

26, 2 hour sessions

September 13-December 8

TOH \$245/

NR \$327

2722.447 M/W

5-7pm

SPECIAL INTEREST

Chess

Learn how to play under the instruction of Seymour Samet. Chess will help develop critical-thinking skills, concentration and basic strategy. Chess sets will be provided.

Beginner Ages 8-12

Student will learn the following: the parts of the board, how the chessmen move and capture; rules of castling; the starting position; difference between; check, checkmate and stalemate; the elementary checkmates; and how to keep score.

8, 1.25 hour sessions TOH \$65/NR \$87
September 11-November 6
 2645.010 Sa 10:30-11:45am

Intermediate Age 8-12

Student will learn the values of the chessmen; and tactics of chess, including pins, forks, skewers, discovered attack, discovered check and double check, guidelines to opening play, fool's mate and scholar's mate.

8, 1.25 hour sessions TOH \$65/NR \$87
September 11-November 6
 2645.011 Sa 12-1:15pm

Cooking for Kids

Please bring an apron

After School Snacks Age 6-11

Students will blend up a fruit cooler and create a potato chip grilled cheese.

1, 45 minute session TOH \$20/NR \$20
September 27
 2120.018 M 4-4:45pm

Thanksgiving Turkey Trio

Age 6-12

We'll make turkey tenders, a turkey wrap and decorate cookies.

1, 1 hour session TOH \$20/NR \$20
November 22
 2120.019 M 4-5pm

Adult/Child

Family-Friendly Cooking Age 6 & up

The easiest way to get dinner on the table is for family members to cook together. Make fish tacos, pizza burgers and fruit salad.

1, 1 hour session TOH \$30/NR \$30
 (adult/child team)

October 15

2645.020 F 6-7pm

Adult Age 18 & up

Five Easy Entrees

Add five delicious entrees to your weekend night dinner repertoire. Learn to make dishes like chicken parmesan, pulled pork and panko-crusted tilapia.

1, 2 hour session TOH \$40/NR \$40
September 16
 2645.021 Th 10:30am-12:30pm

Fish Three Ways

Learn to make shrimp lo mein, tilapia piccata and balsamic-glazed fish fillets.

1, 1 hour session TOH \$40/NR \$40
October 21
 2645.022 Th 6:30-7:30pm

Group Acoustic Guitar

This class will focus on introductory guitar techniques. Students will learn how to read music, play chords, finger-picking patterns and the structure of songs. Students must provide their own instrument; classical or acoustic guitars only. Students must be able to read.

Youth Guitar 1 Beginner Age 7-11

No experience needed

12, 55 minute sessions TOH \$93/NR \$124
September 13-November 29
 2441.043 M 4-4:55pm

Youth Guitar 2 Age 7-11

12 weeks experience or instructor's approval

12, 55 minute sessions TOH \$93/NR \$124
September 13-November 29
 2441.048 M 5-5:55pm

Teen Guitar 1 Age 12-15

No experience needed

12, 55 minute sessions TOH \$93/NR \$124
September 13-November 29
 2441.052 M 6-6:55pm



Adults Beginner Age 16 & up

No experience needed

12, 55 minute sessions TOH \$93/NR \$124
September 13-November 29
 2441.050 M 7-7:55pm

Private Guitar Lessons Age 7 & up

Private instruction will proceed at the student's pace. If you are interested, call our office at **703-435-6800 x2120** and place your name on the list. The instructor will contact you to confirm a time, and then you may register for the class. Instructional book is included in the cost of the class. Class must be paid in full before taking first lesson.

12, 40 minute sessions TOH \$169/NR \$225
 2441.053



Holiday Ornament Contest

Help decorate the Herndon Community Center Christmas Tree with homemade ornaments. Start generating your creative ideas and work together as a family to create a unique ornament for the Community Center tree. Prizes will be awarded for first, second, and third place. Entries must be received by November 15, 2010. All entries may be dropped off at the Herndon Community Center and should be placed in a small box to protect the ornament before judging. No entry fee.

Submission Guidelines

- Include a title for your ornament.
- A brief written introduction in your own words about why your ornament is special.
- Please include your name, address, and phone number.
- Ornaments should be no larger than 5" in circumference.
- Must have ribbon or other attachment affixed to the ornament for hanging.

Judging Criteria

- Originality
- Artistic quality
- Theme
- Entries appropriate for public display

ARTS & CRAFTS



Beginning Wheel Age 16 & up
Beginners will learn the basic techniques of throwing on the wheel to include: wedging, centering, pulling, trimming, use of tools and glazing techniques. Begin this wonderful craft with good habits and positive feedback in every class. Although designed for the beginner, all skill levels are welcome. Students should bring a towel to class. Use of tools and 25 lbs. of clay included; additional clay may be purchased.
8, 2.5 hour sessions TOH \$141/NR \$188
September 20-November 15 (No class 10/11)
2141.001 M 6:30-9pm

Beginning II Wheel Age 16 & up
For students with some previous wheel experience. This class will focus on perfecting throwing skills, using larger amounts of clay to create both decorative and composition forms, such as vases, bottles, teapots, casseroles and covered jars. Students should bring a towel to class. Use of tools and 25 lbs. of clay included; additional clay may be purchased.
8, 2.5 hour sessions TOH \$141/NR \$188
September 22-November 10
2141.002 W 6:30-9pm

Pottery Lab

Pottery Lab is available to students enrolled in our pottery classes. Learning to use the potter's wheel takes patience, focus and practice – this is a great opportunity to work on your own with someone here to help you as needed. Purchase clay for an additional fee. Pay weekly or purchase a pass for the semester.
\$8 each night or \$45 for pass
September 24-November 12
2141.003 F 6-9pm

Intro to Digital Photography

Age 16 & up
If you are thinking about buying a digital camera or had one for some time, learn to get the most from your camera. You will be shown what all the dials, buttons, switches and menu items do for you. You will also learn how to optimize your photographs, and archive them for storage and display. In addition, learn how to integrate your photos into e-mail, Web pages and digital files.
8, 1.5 hour sessions TOH \$65/NR \$87
September 22-November 10
2141.004 W 7-8:30pm

Wire Crochet Necklace Age 15 & up
A perfect class for students to learn crochet with no prior experience needed. Students will be introduced to wire crochet by using fine-gauge wire and beads of choice to create a stunning necklace. All students will be able to design and finish a necklace during class. Purchase supplies from instructor for \$10-\$15.
1, 3 hour session TOH \$30/NR \$30
September 23
2141.013 Th 6:30-9:30pm
October 14
2141.014 Th 6:30-9:30pm

Pearl Knotting Age 15 & up
Students will make a necklace or bracelet with pearls or semiprecious beads of their choice. Technique will be the focus as students learn to knot with tweezers on a single strand of silk, using a bead tip to attach the clasp. Purchase supplies from instructor for \$15.
1, 3 hour session TOH \$30/NR \$30
November 11
2141.015 Th 6:30-9:30pm

ABC's of Beading Age 15 & up
This class is great for beginners or anyone who wants to learn the correct way to string and finish a beading project. Students will be introduced to a variety of supplies which can be used for beading. All students will be able to design and finish a necklace or bracelet during class. Purchase supplies from the instructor for \$10-\$15.
1, 3 hour session TOH \$30/NR \$30
November 18
2141.016 Th 6:30-9:30pm
December 2
2141.017 Th 6:30-9:30pm

Lassie Corbett's Art Classes

Beginning and Intermediate Watercolor**

Age 16 & up
This class is a must for anyone contemplating watercolor as a painting medium. The class covers the basic techniques and concepts necessary to paint in watercolor successfully. Students will learn color mixing, wet-in-wet washes, dry brush and detail techniques, and many of the tricks of the medium. We will paint a number of fall subjects using new techniques.

9, 2 hour sessions TOH \$139/NR \$185
September 21-November 23 (No class 10/12)
2141.005 T 1-3pm
8, 2 hour sessions TOH \$128/NR \$170
September 23-November 18 (No class 10/14)
2141.006 Th 7-9pm

Exploration in Acrylic** **New!**

Age 16 & up
Experimental work in acrylic with some exploration in collage. This intensive course in acrylic will cover a variety of techniques, such as using acrylic in a watercolor manner, and working in a thicker, painterly way. We will work on very traditional paintings, as well as abstract techniques. Regular demonstrations of subjects.
9, 2 hour sessions TOH \$139/NR \$185
September 21-November 23
2141.009 T 7:30-9:30pm

Drawing for Pleasure**

Age 12 & up
For beginning and continuing students. Increase your drawing skills, learning many of the little tricks which help with drawing accurately. We will do "right-brain" exercises, review simple perspective, and learn to look for values and underlying basic shapes. We will continue learning to draw faces, and a variety of new subjects.
8, 1.5 hour sessions TOH \$104/NR \$138
September 21-November 16 (No class 10/12)
2141.010 T 5:30-7pm

Drawing and Watercolor**

Age 10-18
Especially designed for young people who would love to begin working with paints. Supply list will be provided and supplies should be brought the first day, ready to begin painting. Techniques in using watercolor in a variety of ways will be covered.
8, 1.5 hour sessions TOH \$104/NR \$138
September 21-November 16 (No class 10/12)
2141.011 T 4-5:30pm

**No Senior Discounts for these classes.



TEENS & YOUTH

The Beauty of Pen and Ink

Age 16 & up

Learn how to use a simple pen and your bottle of ink, and capture the illusion of objects and scenes around you. Experiment with different nibs, and enjoy the excitement of working with pen and ink. See how you can convey the feeling of shape, texture, and light and shade in one color through very classic techniques, to modern contour drawings. All mediums like felt- and fiber-tipped drawing pens, rapidographs and brushes are welcome. 8, 1.5 hour sessions TOH \$84/NR \$112

September 15-November 3

2141.030 W 10-11:30am

Advanced Techniques

in Watercolor Age 15 & up

Calling all watercolor lovers who want to create their own strong and impressive paintings! As part of this course, we will do individual exercises with single objects as elements, and parts of a painting such as trees in landscape, or fruits and flowers in a still-life painting. In the second part of the course, emphasis will be on "how to put together" these individual experiments in order to "build a painting."

8, 1.5 hour sessions TOH \$84/NR \$112

September 15-November 3

2141.031 W 1-2:30pm

Tots and Preschoolers Arts & Crafts

Creative Preschoolers Age 3-5

Bring out the creativity in your preschooler with this fun and motivating craft class. Each week your child will experience the use of different mediums to create unique projects such as: painting, drawing, gluing and cutting. Please have your child wear old clothes. Parents are welcome to sit in on the class.

8, 1 hour sessions TOH \$56/NR \$75

September 22-November 10

2121.010 W 10:30-11:30am



Paint Your Own Pottery with Clay Café Studios

Age 5-10
Great way to make a gift. All items are food-safe, and finished items will be returned one week later. All paints, material, supplies and instructions will be provided. Finished items will be ready for pick-up at the HCC the following week. Additional materials fee of \$5, payable to the instructor at class.

Paint a Cereal Bowl

1, 45 minute session TOH \$10/NR \$10

September 29

2121.011 W 5:45-6:30pm

Paint a Halloween Figurine

1, 45 minute session TOH \$10/NR \$10

October 20

2120.012 W 5:45-6:30pm

Paint a Handprint Turkey Tile

1, 45 minute session TOH \$10/NR \$10

November 17

2120.013 W 5:45-6:30pm

Paint a Holiday Cookie Plate

1, 45 minute session TOH \$10/NR \$10

December 15

2120.014 W 5:45-6:30pm

Teens & Youth

Teen Nights

Middle school students only

Here's your chance for exclusive use of the Teen Center! There will be a DJ and snack bar, and the teen room will be open to chill with friends. Held at the Herndon Community Center. This is not a FCPS-sponsored event.

September 24

October 15

November 19

December 10

8-10:30pm

\$4/advance \$5/at door

Tickets will be sold at the Herndon Middle School the Thursday and Friday prior to event.

Must present school ID or have parent present when purchasing admission at the door.

Kid's Night Out

Age 5-11
This program offers an opportunity for parents to enjoy a night out while their children participate in gym games, arts and crafts, movies, and much more. Cheese pizza will be served at 7pm, and a movie will be shown at 8pm. This is not a drop-in program. You must preregister to participate.

1, 3.5 hour session

TOH \$13/NR \$13

September 10

2629.501 F

6:30-10pm

October 1

2629.502 F

6:30-10pm

November 5

2629.503 F

6:30-10pm

December 3

2629.504 F

6:30-10pm

Kiddie Play Zone

Walking-Age 5
Bring your toddler and enjoy open play, tumbling on the mats and kiddie basketball. This is a great way to socialize your children. Kids can run and exercise in the entire gym. Bring your Big Wheel on the last Wednesday of each month for Big Wheel Day, plastic wheels only.

13, 1 hour sessions

TOH \$4/NR \$4

Fall Season Pass - \$36

September 15-December 15 (No session 11/24)

2619.501 W

10:30-11:30am

PARKS



Herndon Parks

Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

Bready Park

Located on Ferndale Avenue, adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, softball and 60/70' baseball field (both lighted), outdoor basketball, six lighted tennis courts, indoor tennis courts Oct.-May, soccer field and a play apparatus. Sports fields are available for scheduled leagues. Shelter is available for reservations.

Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a large play area, a picnic shelter and features two tennis courts, a softball field, a basketball court and an open play area. The park is available on a first-come, first-served basis.

Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a softball field and a fenced dog park.

Cuttermill Park

A 6-acre neighborhood park located between the Cuttermill and Westfield subdivisions. The park includes a baseball/T-ball field, walking areas, and a multipurpose court for volleyball and basketball. A mini basketball court to accommodate younger children is available, as well as playground equipment for ages 5-12, and a tot lot.

Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60/70' baseball/softball fields, a soccer field, a basketball and sand volleyball court, and a play area.

Harding Park

Corner of Jefferson and Van Buren streets. This neighborhood area features children's swings and play area, park benches and an open play space.

Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, bird-watching, nature study and picnicking. Park includes two new picnic shelters (can be reserved) and a paved handicapped-accessible trail.

Spring Street Park

Corner of Spring and Van Buren streets. This passive area has a walking path and park benches.

Stanton Park

Located on Third and Monroe streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities at the park include a shelter, picnic facilities, walking trails and a play area. This park is available on a first come, first-served basis.

Trailside Park

Located on Crestview Drive. The park includes a picnic shelter with picnic tables, grills, a play apparatus, a new sand volleyball court and an open play area. The picnic shelter is available for reservations. Trailside is home to the town's new skate park opening Fall 2010. Visit www.herndon-va.gov for a map of parks.

Picnic Shelter Rental Fees

Reserve a picnic shelter to host your next special event or family gathering. Call **703-787-7300** to make your reservation.

Trailside/Runnymede Park Picnic Shelter Rental Fees for parties up to 70:

Town of Herndon Resident:

Civic Group - \$40 Private - \$50

Non-Resident:

Civic Group - \$60 Private - \$75
\$20 nonrefundable deposit

Bready Park Picnic Shelter Rental Fees for parties up to 140:

Town of Herndon Resident:

Civic Group - \$75 Private - \$100

Non-Resident:

Civic Group - \$120 Private - \$150
\$35 nonrefundable deposit

- Parks are rented in four-hour intervals.
- There are no alcoholic beverages allowed in parks.
- Be sure to clean and properly recycle all trash.

The cost of electricity is an additional \$10 per rental. (Runnymede does not have electricity.)

- There is no refund for inclement weather. However, an effort will be made to reschedule the event provided a date is available.

NatureFest 2010 Connecting to Nature

**Sunday, September 19, 1-5pm
Runnymede Park**

Come to Runnymede Park and celebrate nature! Explore various nature stations throughout the park, including birding, weather, butterflies, bees, native plants, web of life, streams and watersheds, forest habitat, life in the stream, Herndon farm life, life in the meadow, rain gardens and rain barrels, the three R's—reduce, reuse and recycle, and much, much more! Investigate live animals, crafts and fun for the whole family!

This event is FREE!

Call if you or your group would like to volunteer (**703-435-6800 x2109**).

Satellite parking with a passenger van shuttle will be available to and from the Northwest Federal Credit Union at 220 Spring St. with stops at the park.



SPECIAL EVENTS

Turkey Trot 5k

Saturday, November 20
2566.004

The race starts at 4pm. Packet pickup and race day registration, 1:30-3pm. Packet pickup starts at 1:30pm.

Long-sleeve T-shirts guaranteed to the first 500 preregistered runners. Must pick up packet and T-shirt the day of the race. Packets or T-shirts will not be available after race day.

Prizes to 1st- and 2nd-place winners in the following age groups:

10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 & over.

A turkey and all the trimmings will be given to the overall male and female winners.

Registration forms will be available at the Herndon Community Center in late September.

Online registration available at www.active.com.

Preregistration – \$15 and a can of food for donation.

Race Day Registration – Adults: \$20 and a can of food for donation;

Youth (age 18 & under): \$15 and a can of food for donation.

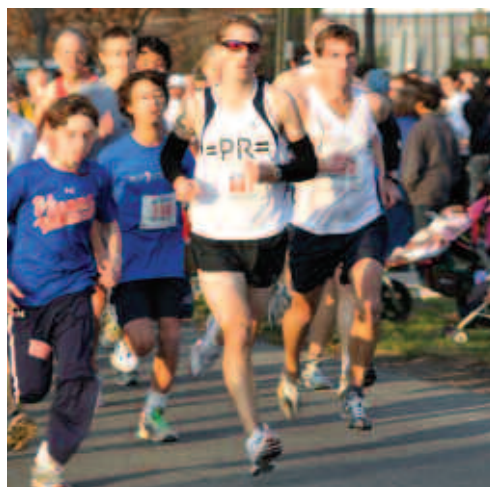
All food will be donated to LINK.

Reuse-A-Shoe Recycling Program with Nike

We are collecting used running shoes which will later be ground up into small pieces, and used to make basketball courts, track fields, playgrounds, floor tiles, new shoes and apparel. This is a great way to get rid of all those old sneakers you have laying around and to “go green” by recycling. Bring one pair or bring ten! We will be collecting shoes at the Herndon Community Center from mid-September-November 21st.

When recycling your shoes, please remember:

- We can only recycle athletic shoes (running shoes, sneakers, etc.)
- We accept all brands of shoes
- No shoes containing metal
- No cleats or dress shoes
- No wet or damp shoes
- No sandals or flip-flops



Towne Square Singers

Get in a Yuletide mood with music from the past, as well as contemporary holiday songs. You will hear music dating from the 15th century to the present.

Friday, December 3, 7:30pm 2441.061

Saturday, December 4, 7:30pm 2441.062

Sunday, December 5, 2pm 2441.063

Elden Street Players' Industrial Strength Theatre

269 Sunset Park Drive

Tickets are \$12, available at the Herndon Community Center, or by calling **703-787-7300**.

Children's Series

The Monster Revue

Presented by CAROUSEL PUPPETS

Monster Revue is a wacky, musical variety show performed with large, colorful marionettes, hand puppets and rod puppets that perform their own individual numbers to a wide selection of music. A fun entertainment guaranteed to bring lots of laughs and geared toward children of all ages!

Phoenix Worldgate Movie Theatre,
Worldgate Drive, Herndon

Tickets: \$4-Advance/ \$5-At the Door;
under one year - Free

Monday, November 1, 2010

2441.060



Spooktacular

Ages 3-8

Howling werewolves, scowling pumpkins, frightful witches! Enjoy ghoulish games, creepy cuisine, enter the pumpkin contest, and trick or treat during the costume parade. Get more boo for your buck and register early; parents must accompany children at the event. Entry fee covers all activities, treat bag and one ticket to use in the Creepy Cuisine Room. To enter the Pumpkin Carving Contest, bring a pre-carved pumpkin, and your full name and phone number on a card. Prizes awarded!

Friday, October 22

2529.501 Friday

6:30-8:30pm

\$8/child in advance

\$11/child at the event



Santa's Workshop

Age 3 & up

Bring your child to enjoy holiday fun at Santa's Workshop. Cost includes a visit with Santa, crafts and a pizza lunch. Parent participation encouraged.

Registration deadline - Monday, December 13.

Herndon Community Center

Saturday, December 18

11am-1pm

\$7 per child

\$3 per adult if eating lunch

2511.001

Refund Policy for Classes & Programs

Time Frame	Refund	Credit on Account
5+ days before class/program starts	Full with service charge	Full
4 days before class/program starts until beginning of class	No*	Full with service charge
After class/program starts up to halfway point of class/program	No*	Prorated, less service charge
After halfway point of class/program	No*	Lesser of 25% of original fee or prorated sessions remaining
* Exemptions: Medical reasons (with a doctor's note preventing participation in class/program) or relocation 20 or more miles	Prorated, no service fee	Prorated, no service charge

1. Full refunds are issued if classes are already filled or a class is canceled due to minimum enrollment not being met.
2. Service charge is 15% of registration fee, and applies to refunds and credit on account, as noted in chart.
3. All refunds are made by credit card or Town check depending on initial method of payment.
4. Prorated values are calculated based on the remaining classes at the time that the request is received by the department.
5. No refunds or credit on account are given to those who have insufficient fund balances.
6. Some programs, including trips, events, swim team and preschool, have a more stringent refund policy that is noted in the program information.
7. Admission passes are nonrefundable, except due to medical circumstances, or patron moves more than twenty miles away.

Participation Open to All

HCC programs and facilities are open to all citizens, regardless of race, color, national origin, sex, age or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities so that they may participate in services, programs or activities offered by the TOH. Please call **703-787-7300** at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

What does TOH and NR mean?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC). The TOH offers discounts and priorities to its citizens.

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 2 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is received by the first advertised registration date.
- Non-Town of Herndon residents (NR) are people living outside the town of Herndon limits.

How do I know if I live in the town of Herndon?

An easy indicator is if your car's personal property tax sticker is from the town of Herndon. Not all Herndon addresses are in the TOH proper. If you have questions, please call us at **703-787-7300** or go to: www.herndon-va.gov, which leads to the town's Web page. Click on Parks and Recreation on the left side of the page, click on About Parks and Recreation, then click on Frequently Asked Questions.

Can I still participate if I don't live in the town?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on August 24.

Forms & Fees

Use one form for each household. Checks should be made payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

How Registration Works

Town of Herndon residents receive priority in the registration process. Open registration by any of our six convenient registration methods will begin for TOH residents at 10am on Wednesday, August 18. Open registration for Non-TOH residents will begin at 10am on Tuesday, August 24.

Supplies/Equipment

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

Attention Seniors!

Senior adults, age 64 and over by Dec. 31, 2010, receive a 50% discount on classes, except where noted.

Class Cancellations

The TOH reserves the right to cancel any class/workshop that does not meet minimum enrollment. If your class is canceled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not canceled due to low enrollment.

Registration Options

Open registration dates apply to ALL registration options—10am on August 18 for TOH residents, and 10am on August 24 for Non-TOH residents. Registration options are listed in order for the best advantage.

Proof of residency is required.

1. **ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at www.herndon-va.gov. Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon **NOL** is not available online. Acceptance of our liability waiver will be required prior to registration.
2. **IN-PERSON** registration beginning 10am, August 18 for TOH residents; and 10am, August 24 for nonresidents. Walk in to the reception desk at the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
3. **MAIL** a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, P.O. Box 427, Herndon, VA 20172
4. **FAX** a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: **703-318-8652**. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
5. **DROP OFF** a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC, 814 Ferndale Avenue, Herndon, VA 20170.

NOTICE: In accordance with the Code of Virginia, a fee in the amount of thirty-five dollars (\$35) will be collected for every check returned to the town of Herndon.



Registration is Easy!

Registration for Town of Herndon Residents begins on **Wednesday, August 18** at 10am at the HCC.
Registration for Non-Town of Herndon Residents begins on **Tuesday August 24** at 10am at the HCC.

PHONE: 703-787-7300
FAX: 703-318-8652

Fall 2010 Herndon Parks and Recreation Registration Form

ONE PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST _____ FIRST _____

ADDRESS _____

CITY/STATE/ZIP _____ HOME PHONE _____

WORK PHONE _____ EMAIL _____

Use one form per household.

Complete this form and be sure to note your first, second, and third choices.

TOH = people who live in the Town of Herndon limits
NR = people living outside the Town of Herndon limits

Proof of residency may be required.

Participant Name	Birthdate	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7/1/99	M/F <input checked="" type="radio"/>	0000,000	Level 4	\$68	0000,000	0000,000
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.
MAKE CHECK PAYABLE TO: TOWN OF HERNDON
All returned checks are subject to a \$35 fee

 **MAIL TO:**
Herndon Parks and Recreation
P.O. Box 427, Herndon, VA 20172-0427

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO

REFUNDS: A 15% service charge will be assessed up to 3 days before start of program. Less than 3 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation.

OFFICE USE – Processed by: _____

Payment Method C CK CC LC

AP# _____ Date Paid _____

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:
☐ VISA ☐ MasterCard ☐ American Express ☐ Discover

CREDIT CARD # _____ EXP. DATE _____

PRINT NAME OF CARD HOLDER _____

SIGNATURE _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the Town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN _____

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____



**Town of Herndon
Parks and Recreation**
P.O. Box 427
Herndon, VA 20172
www.herndon-va.gov

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HERNDON LABOR DAY FESTIVAL

**Join us downtown for a
day of fun music featuring:**

**"Bruce In the USA:
A Musical History of Bruce
Springsteen and the
E Street Band"**

Monday, September 6th 12-6pm

Herndon Town Green, 777 Lynn Street

Admission including Wine and Beer Tasting- \$15

Designated Driver/Entertainment Only- \$8

Enjoy a crafts show, great food, wine from eleven Virginia Wineries and NEW this year a micro brew tasting area!

- Barboursville Winery, Inc.
- DelFosse Vineyards and Winery LLC
- Horton Vineyards
- Rebec Vineyards Inc.
- Loudoun Valley Vineyards
- Chateau Morrisette Winery
- Davis Valley Winery
- Veramar Vineyard
- Cooper Vineyards
- Peaks of Otter Winery

Produced by the Town of Herndon Parks & Recreation and the Herndon Woman's Club

31st Annual Herndon Holiday Arts and Craft Show

Sunday, December 5, 2010 10am-4pm

The Herndon Community Center will host over 100 arts and craft vendors offering unique gifts, holiday decorations, and handmade items.

Refreshments available

Admission and Parking are Free